



UCCOOK

Aromatic Amritsari-style Dorado

with charred avocado, sambal & warm rotis

This famous street food dish is a fried fish recipe on a different scale! Garlic That Mayo-covered rotis form the base, topped with fresh green leaves, a zingy sambal, charred creamy avo, and crispy dorado pieces covered in fragrant spices.

Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Waterkloof | False Bay Pinotage

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Ingredients & Prep

1	Tomato <i>½ roughly diced</i>
1	Spring Onion <i>trimmed & finely sliced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
30ml	That Mayo (Garlic)
1	Avocado
10ml	Lemon Juice
1	Dorado Fillet
22,5ml	Amritsari Spice Mix <i>(20ml NOMU Garam Masala Rub & 2,5ml Ground Cumin)</i>
3	Cocktail Rotis
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. SAMBAL ENSEMBLE In a bowl, combine the diced tomato, the sliced spring onion (to taste), ½ of the picked coriander, a drizzle of olive oil, and seasoning. Set aside. In a small bowl, loosen the mayo with water in 5ml increments until slightly loosened. Set aside.

2. SOME AVOCADO Halve the avocado and set aside one half for another meal. Peel off the avocado skin, keeping the flesh intact. Place a pan or griddle pan over medium-high heat. Brush the cut-side of the avocado with oil. When hot, fry the avocado, cut-side down, until slightly charred, 3-5 minutes. Slice and toss with the lemon juice, a drizzle of olive oil, and seasoning.

3. DELISH FISH Pat the dorado dry with paper towel. Coat in the Amritsari spice mix and seasoning. Place a pan (or return the pan) over medium-high heat with a drizzle of oil. When hot, fry the fish until golden, 2-3 minutes per side. Remove from the pan, rest for a minute, and cut into bite-sized pieces.

4. ROTIS Return the pan, wiped down, to a medium heat. When hot, toast the rotis until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. AMAZING DINNER Plate up the warmed rotis and smear with some of the loosened mayo. Top with the shredded leaves, the dorado pieces, the fresh sambal, and the charred avocado slices. Drizzle over any remaining mayo and sprinkle over the remaining coriander. Enjoy your hard work, Chef!

Nutritional Information

Per 100g

Energy	708kJ
Energy	169kcal
Protein	9g
Carbs	14g
of which sugars	2g
Fibre	3.7g
Fat	8.9g
of which saturated	1.7g
Sodium	141mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Fish, Soy

Cook
within 1
Day