



UCOOK

White Fish Sayadieh

with caramelised onions & sultanas

A Lebanese family favourite! This dish is full of traditional Middle Eastern spices, sweet caramelised onions, and perfectly cooked kingklip fillet. Served alongside cinnamon & turmeric garlic rice and a sweet sultana & almond salad, you will feel warm and comforted with every mouthful.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

30g	Almonds <i>roughly chopped</i>
3	Line-caught White Fish Fillets
2	Onions <i>1½ peeled & finely sliced</i>
225ml	White Basmati Rice <i>rinsed</i>
37,5ml	Cinnamon Mix <i>(22,5ml Ground Cinnamon & 15ml Ground Turmeric)</i>
2	Garlic Cloves <i>peeled & grated</i>
22,5ml	Tomato Paste
60g	Green Leaves <i>rinsed</i>
60g	Golden Sultanas
75ml	Tahini
30ml	Lemon Juice

From Your Kitchen

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

1. TOAST Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FISH TIME Place a pan over medium-high heat with a drizzle of oil. Pat the fish dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter (optional). Remove from the pan and season.

3. SAYADIEH Return the pan with the oil to medium-high heat. When hot, fry the sliced onion until soft, browned and caramelised, 9-12 minutes (shifting occasionally). Add the rinsed rice, the cinnamon mix, the grated garlic, and seasoning. Mix until fully combined and fry until fragrant, 2-4 minutes (shifting constantly). Add the tomato paste and 600ml of water. Mix and leave to simmer for 10-12 minutes. In the final 5 minutes, top the rice with the browned fish and cover the pot with tinfoil. Most of the water should be absorbed and the rice should be fully cooked.

4. BITS & BOBS In a bowl, combine the rinsed green leaves, a drizzle of olive oil, ¾ of the sultanas, and ½ the toasted almonds. In a separate bowl, combine the tahini and the lemon juice (to taste). Add water in 5ml increments until a drizzling consistency.

5. LEBANESE FEAST! Serve up a bed of the cinnamon rice. Top with the fish and drizzle over the tahini dressing. Sprinkle over the remaining almonds and the sultanas. Side with the salad. Sahtein, Chef!

Nutritional Information

Per 100g

Energy	828kJ
Energy	198kcal
Protein	11g
Carbs	22g
of which sugars	4.7g
Fibre	2.6g
Fat	7.2g
of which saturated	1.2g
Sodium	45mg

Allergens

Allium, Sesame, Sulphites, Fish, Tree
Nuts

Cook
within 1
Day