



UCCOOK

Malay-style Dorado Rotis

with caramelised onion, dried apricots & creamy coleslaw

Little pockets of food heaven! Rotis encase golden strips of flaky dorado, flavoured with aromatic NOMU Indian Rub. They're jam-packed with tangy coleslaw and sticky caramelized onion dotted with dried apricots, before being doused in lime juice! These really are the whole (roti) package!


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

2	Onions <i>1½ peeled & finely sliced</i>
60g	Dried Apricot <i>roughly chopped</i>
120g	Peas
45ml	Apple Cider Vinegar
300g	Cabbage <i>finely sliced</i>
90ml	Creamy Coleslaw Sauce <i>(45ml That Mayo (Garlic) & 45ml Low Fat Plain Yoghurt)</i>
22,5ml	NOMU Indian Rub
12	Cocktail Rotis
3	Dorado Fillets
12g	Fresh Coriander <i>rinsed & picked</i>
45ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel
Sugar/Sweetener/Honey
Tea Towel

1. SWEET CARAMELISED ONION Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add in ½ of the chopped apricots and a sweetener of choice (to taste). Remove from the pan on completion, cover, and set aside to keep warm.

2. IN THE MEANTIME... Boil the kettle. Submerge the peas in boiling water for 2-3 minutes. Place the vinegar in a salad bowl with 4 tbsp of boiling water. Toss through the sliced cabbage, season, and set aside to pickle. Loosen the coleslaw sauce with water in 5ml increments until drizzling consistency. Mix in ¼ of the rub (or to taste) until well combined. Season (to taste) and set aside. When the peas are plump and heated through, drain and set aside.

3. RAZZLE DAZZLE ROTIS Place a clean pan over a medium heat. When hot, dry toast the rotis in batches for 30-60 seconds per side until warmed through and lightly crisped. Remove from the pan on completion and stack under a tea towel as you go to keep warm.

4. FRY THE FISH Place the remaining rub in a small bowl, and mix in a drizzle of oil and some seasoning. Pat the dorado dry some paper towel. Slice into 3-4cm thick strips and coat in the spiced oil. Return the pan to a medium heat with a knob of butter or small drizzle of oil. When hot, fry the fish skin-side down for 1-2 minutes until the skin is crispy. Then, fry for 1-2 minutes on each side until cooked through and golden all over.

5. FINISHING UP Drain the pickling liquid from the slaw – lose it or reuse it! Mix in the peas, ½ of the coleslaw sauce, and seasoning.

6. AND THAT'S A (ROTI) WRAP! Time to assemble these pockets of heaven! Place the creamy coleslaw on the rotis and cover with the apricot caramelised onion. Top with the golden dorado and drizzle over the remaining coleslaw sauce. Garnish with the rinsed coriander leaves, the remaining dried apricots, and a drizzle of the lime juice. Wrap up and enjoy!



Chef's Tip

Caramelised onions reach their full potential when sliced finely & cooked slowly. If you have the time, fry your onions over a low heat and add on 10-15 minutes cooking time!

Nutritional Information

Per 100g

Energy	488kj
Energy	117Kcal
Protein	6.4g
Carbs	16g
of which sugars	5.3g
Fibre	2.2g
Fat	2.4g
of which saturated	0.5g
Sodium	222mg

Allergens

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

Cook
within 1
Day