



UCOOK

Cape Malay Style Yellowtail

with curried onions & caramelised
sultanas

Welcome to the Kaap, to a Cape Malay inspired taste venture, we hope we did it justice with these warm, decadent flavours. The lavish texture and subtle sweetness of the yellowtail is enhanced by crispy lentils, fluffy basmati and a spicy-umami sauce harbouring a sweet pop of sultanas, with lashings of cucumber and dill dressing to give it a fresh edge.

Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Lauren Todd

♥ Health Nut

🍷 Cavalli Estate | Filly

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Ingredients & Prep

225ml	Brown Basmati Rice <i>rinsed</i>
150g	Kale <i>rinsed & roughly shredded</i>
360g	Lentils <i>drained & rinsed</i>
60g	Golden Sultanas
2	Onions <i>1½ peeled & roughly sliced</i>
30ml	Spice & All Things Nice Cape Malay Curry Paste
45ml	Red Wine Vinegar
150g	Cucumber <i>grated</i>
8g	Fresh Dill <i>rinsed & roughly chopped</i>
150ml	Coconut Yoghurt
3	Line-caught Yellowtail Fillets

From Your Kitchen

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

1. TENDER RICE Preheat the oven to 200°C. Place a pot over a medium-high heat. Submerge the rice in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keep the lid on, remove from the heat and set aside to steam for 10 minutes. On completion, drain if necessary and fluff with a fork. Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside.

2. CRISPY BITS Place the rinsed lentils on a roasting tray, coat in oil, and season. Roast in the oven for 20-25 minutes. At the halfway mark, give a shift and add the sultanas with the tray of kale and roast for the remaining time. On completion, the lentils and kale should be crispy and the sultanas warmed through and starting to crisp.

3. CAPE MALAY SAUCE Place a large pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 5-6 minutes until soft and translucent. Reduce the heat and add the Cape Malay curry paste to taste. Fry for 1-2 minutes until aromatic. Pour in ½ the rice wine vinegar and 200ml of water to deglaze the pan. Add seasoning and a sweetener of choice to taste. Bring to a simmer and cook for a further 5-6 minutes until slightly reduced. On completion, place in a bowl and cover. Set aside until step 5.

4. CUCUMBER-DILL YOGHURT Place the grated cucumber on a clean cloth, squeeze to drain excess liquid. Place ¾ of the dill in a bowl with the yoghurt, cucumber and the remaining vinegar. Mix and season to taste.

5. YUMMY YELLOWTAIL Pat the yellowtail dry with paper towel and season. Wipe down the pan and return to a high heat with a drizzle of oil. When hot, fry the fish skin-side down for 1-2 minutes until the skin is crispy and golden. Flip, lower the heat and add the Cape Malay-spiced onions back into the pan. Simmer the fish in the sauce for 2-3 minutes, basting it until well coated and cooked through.

6. CAPE MALAY FEAST Make a bed of rice and sprinkle with the lentils, golden sultanas and kale. Top with the Cape Malay yellowtail and curried-onion sauce. Dollop over the cucumber-dill yoghurt and garnish with the remaining fresh dill. Delicious, Chef!



Chef's Tip

To extract the liquid from the grated cucumber, a clean kitchen towel is the most effective thing to use. You want it to be as dry as possible so that it doesn't dilute the flavour of the coconut yoghurt!

Nutritional Information

Per 100g

Energy	626kj
Energy	150Kcal
Protein	10.9g
Carbs	21g
of which sugars	4.4g
Fibre	4.6g
Fat	2.4g
of which saturated	0.7g
Sodium	47mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day