



UCCOOK

Indian-style Kingclip Dinner

with a curry sauce & fresh green leaves


Flaky kingclip marinated in a tikka curry paste and served with buttery baby potatoes, a fresh coriander & green leaf salad, and coconut milk curry sauce. Yummy yum!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Leopard's Leap | Merlot

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Ingredients & Prep

200g	Baby Potatoes <i>halved</i>
10ml	Spice & All Things Nice Tikka Curry Paste
1	Kingklip Fillet
4g	Fresh Coriander
20g	Green Leaves
100ml	Lite Coconut Milk

From Your Kitchen

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

1. POTATOES GONNA POTATE Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until easily pierced with a fork. Drain and return the drained potatoes to the pot. Add a knob of butter or a drizzle of oil and seasoning. Cover with a lid and holding the handles tightly, shake the pot until the butter has melted and fully coated the potatoes. Cover to keep warm.

2. MARINATION STATION In a bowl, combine $\frac{1}{3}$ of the curry paste, 10ml of oil, and seasoning. Add the kingklip and toss until fully coated. Set aside to marinate.

3. REFRESHING GREEN SALAD Rinse the coriander and the green leaves. Pick the coriander. In a bowl, combine the rinsed green leaves, $\frac{1}{2}$ the picked coriander, a drizzle of oil, and season.

4. CREAMY CURRY SAUCE Place a pan over medium heat. When hot, add the remaining curry paste and fry for 1-2 minutes until fragrant, shifting constantly. Add the coconut milk and simmer for 3-4 minutes until slightly reduced. Add an extra splash of water, if necessary. Season with a sweetener of choice and a pinch of salt. Remove from the pan.

5. THE KING OF FISH Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the marinated kingklip for 3-4 minutes per side until crispy and cooked through.

6. DELISH! Plate up the buttery potatoes and the green salad. Side with the kingklip and the curry sauce for dunking. Sprinkle over the remaining coriander. There you have it, Chef!

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	7.4g
Carbs	8g
of which sugars	1.3g
Fibre	1.2g
Fat	5.3g
of which saturated	3.2g
Sodium	51mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day