



# UCOOK

## Ginger Steamed Dorado

**with noodles, homemade chilli oil & spring onions**

Beautifully steamed ginger-marinated dorado sits atop tender noodles loaded with carrots, cabbage, spring onions, soy sauce, and sesame oil. Light, fresh and oh-so tasty! Drizzled with an easy homemade chilli oil, this dinner offering truly is a taste sensation!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Boschendal | 1685 Sauvignon Blanc

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## Ingredients & Prep

10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
30ml	Low Sodium Soy Sauce
30ml	Sesame Oil
1	Dorado Fillet
1 cake	Egg Noodles
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
100g	Cabbage <i>finely sliced</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
75g	Julienne Carrot
4g	Fresh Coriander <i>rinsed &amp; picked</i>
10g	Peanuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. MARINATION STATION** Boil a full kettle. In a shallow bowl, combine ½ the grated ginger, ½ the grated garlic, the soy sauce, the sesame oil, 10ml of water, and 5ml of a sweetener of choice. Add the dorado fillet and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

**2. OODLES OF NOODLES** Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

**3. STEAM MACHINE** Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, remove the dorado fillet from the marinade, reserving the marinade in the bowl, and place in a colander over the pot. Cover with the lid and allow to steam for 8-10 minutes, flipping the dorado halfway. Alternatively, use a steamer if you have one. On completion, the dorado should be cooked through.

**4. HOMEMADE CHILLI OIL** Place the sliced chilli and the remaining garlic and ginger in a heat-proof bowl. In a deep pan, heat up 15ml of oil. Once the oil is hot (see Chef's Tip for some guidance!), carefully pour the oil over the chilli mixture. Set aside for serving.

**5. LOADED NOODLES** When the noodles are done, return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and the spring onion whites and fry for 2-3 minutes until the cabbage is slightly wilted. Add the reserved marinade and leave to simmer for 1-2 minutes until starting to bubble. Add the julienne carrots and the cooked noodles. Toss until fully combined. Season to taste.

**6. DORADO DINNER!** Make a bed of the loaded noodles. Top with the steamed dorado. Drizzle over the ginger-chilli oil (to taste). Sprinkle over the picked coriander, the spring onion greens, and the chopped peanuts. Stunning, Chef!



## Chef's Tip

Here's a foolproof method for testing the temp of your oil: stick the back of a wooden spoon into the hot oil. If small bubbles form around it, it's ready! If it bubbles rapidly, it's too hot. If it doesn't bubble, heat it for longer!

## Nutritional Information

Per 100g

Energy	665kJ
Energy	159Kcal
Protein	7.8g
Carbs	13g
of which sugars	1.7g
Fibre	1.4g
Fat	7.9g
of which saturated	1.2g
Sodium	293mg

## Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Fish, Soy

Cook  
within 1  
Day