



# UCOOK

## Indian-style Kinglip Dinner

with a curry sauce & fresh green leaves

Flaky kinglip 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Fan Faves

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 Leopard's Leap | Merlot

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## Ingredients & Prep

800g	Baby Potatoes <i>halved</i>
40ml	Spice & All Things Nice Tikka Curry Paste
4	Kingklip Fillets
15g	Fresh Coriander
80g	Green Leaves
400ml	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, 40ml 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 4-5 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