

# UCOOK

## Warwick's Speedy Yellowtail Ceviche

with jasmine rice & an orange, tamari and  
sesame marinade

Ceviche is a Peruvian dish of fish cured in citrus juice. Here, a gorgeous yellowtail fillet is marinated in orange juice, tamari, vinegar, and sesame oil; tossed with chilli, ginger, lime, and coriander. Easy and bursting with flavour!

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Caitlin Biggs

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 **Easy Peasy**

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## Ingredients & Prep

|         |  |
|---------|--|
| 200ml   | Jasmine Rice   |
| 2       | Yellowtail Fillets   |
| 100g    | Cucumber<br><i>diced</i>   |
| 15g     | Fresh Ginger<br><i>peeled &amp; grated</i>   |
| 5g      | Fresh Coriander<br><i> rinsed &amp; roughly chopped</i>  |
| 127,5ml | Ceviche Sauce<br><i>(7,5ml Orange Juice, 30ml Tamari, 85ml Rice Wine Vinegar &amp; 5ml Sesame Oil)</i> |
| 1       | Lime<br><i>zested &amp; cut into wedges</i>  |
| 1       | Fresh Chilli<br><i>deseeded &amp; finely chopped</i>   |
| 150g    | Shredded Cabbage & Julienne Carrot   |
| 20ml    | Crispy Onions  |

## From Your Kitchen

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

**1. FLUFFY JASMINE RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. A FRAGRANT CEVICHE MARINADE** Pat the yellowtail dry with paper towel and gently remove and discard the skin. Cut the flesh into bite-size cubes and place in a bowl with the diced cucumber, the grated ginger, and  $\frac{3}{4}$  of the chopped coriander. Toss together with the ceviche sauce, 1 tsp of a sweetener of choice, and a pinch of lime zest. Mix in some chopped chilli and seasoning to taste. Cover and set aside to cure for at least 15 minutes.

**3. PICKLE THE CRUNCHY SLAW** Place the cabbage and carrot in a bowl with the juice of 2 lime wedges and a drizzle of oil. Season, toss to coat, and set aside to pickle until serving.

**4. OPTION TO FRY YOUR FISH** If you'd like to cook the yellowtail, do so once it has finished curing. Place a pan over a medium heat. When hot, add in the yellowtail, reserving the sauce in the bowl. Flash fry for about a minute until lightly seared, shifting occasionally. Return to the bowl on completion and toss to coat.

**5. PERUVIAN DELICACY** Make a bed of rice and top with the pickled slaw. Cover in delectable yellowtail ceviche and pour over the sauce to taste. Sprinkle with the crispy onions and garnish with the remaining chopped coriander. Finish off with any remaining chilli if you'd like. Serve up this gem with the remaining lime wedges and get ready for a dinner delight!



## Chef's Tip

Lightly sprinkle boiling water onto the skin of the yellowtail to 'firm' it up before removing it. This will make the process of peeling it off happen more smoothly.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 594kJ   |
| Energy             | 142Kcal |
| Protein            | 9.4g    |
| Carbs              | 17g     |
| of which sugars    | 1.2g    |
| Fibre              | 1.2g    |
| Fat                | 3.4g    |
| of which saturated | 0.8g    |
| Sodium             | 252mg   |

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Fish, Soy

Cook  
within 1  
Day