

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!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Caitlin Biggs

 **Easy Peasy**

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Ingredients & Prep

100ml	Jasmine Rice
1	Yellowtail Fillet
50g	Cucumber <i>diced</i>
7,5g	Fresh Ginger <i>peeled & grated</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
66,25ml	Ceviche Sauce <i>(3,75ml Orange Juice, 15ml Tamari, 45ml Rice Wine Vinegar & 2,5ml Sesame Oil)</i>
1	Lime <i>one half zested & cut into wedges</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
75g	Shredded Cabbage & Julienne Carrot
10ml	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 150ml 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, $\frac{1}{2}$ 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 1 lime wedge 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 wedge 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