



UCCOOK

Kingklip & Sautéed Red Cabbage

with a dill-infused yoghurt

A dish fit for royalty! Kingklip fillet is pan-seared until flaky and served alongside smooth mashed potatoes and tender sautéed cabbage. A light dill yoghurt adds some zingy freshness to this hearty and easy meal.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Megan Bure

 Fan Faves

 Leopard's Leap | Culinary Brut MCC

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Ingredients & Prep

400g	Potato <i>rinsed, peeled & cut into bite-sized chunks</i>
2	Kingklip Fillets
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
200g	Cabbage <i>thinly sliced</i>
60ml	Low Fat Plain Yoghurt
5g	Fresh Dill <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Milk (optional)

1. MASH UP Place a pot of cold salted water over high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter (optional). Season to taste. Remove from the heat and set aside until serving.

2. KING OF FISH When the potato has 5-7 minutes remaining, place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the kingklip dry with paper towel and season. When the pan is hot, fry the kingklip, skin-side down, for 3-4 minutes until crispy and golden. Flip and fry the other side for a further 3-4 minutes until cooked through. Remove from the pan and set aside.

3. CABBAGE CLAIM Return the pan, wiped down, to a medium high heat with a drizzle of oil. When hot, add the spring onion whites and fry for 1-2 minutes until soft, shifting occasionally. Add the sliced cabbage and fry for 2-3 minutes until soft but still crunchy, shifting occasionally. Season to taste.

4. DILL DELICIOUS In a small bowl, combine the yoghurt, ½ the chopped dill, and seasoning.

5. FISH FEAST! Plate up the flaky kingklip. Side with the sautéed red cabbage, the mashed potato, and a dollop of the dill yoghurt. Sprinkle over the spring onion greens and the remaining dill. Bon appetit, Chef!

Nutritional Information

Per 100g

Energy	361kJ
Energy	86kcal
Protein	7.5g
Carbs	9g
of which sugars	1.2g
Fibre	1.6g
Fat	2.2g
of which saturated	0.6g
Sodium	33mg

Allergens

Dairy, Allium, Fish

Cook
within 1
Day