



UCOOK

Curried Yellowtail Wrap

with caramelised onion, dried apricots & creamy coleslaw

Little pockets of food heaven, enfolding golden strips of yellowtail enlivened by an aromatic curry spice. They're jam-packed with creamy, tangy coleslaw and sticky caramelised onion, doused in lemon and flecked with dried apricots. Mouthwatering and moreish!


Hands-On Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
20g	Dried Apricots <i>roughly chopped</i>
40g	Peas
15ml	Apple Cider Vinegar
1/4 head	Red Cabbage <i>½ thinly sliced</i>
120g	Carrot <i>½ grated</i>
30ml	Creamy Coleslaw Sauce <i>(15ml That Mayo (Garlic) & 15ml Yoghurt)</i>
7,5ml	NOMU Indian Rub
3	Cocktail Rotis
1	Line-caught Yellowtail Fillet
1	Lemon <i>½ zested & cut into wedges</i>
5g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. FRUITY CARAMELISED ONIONS Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add in ½ of the chopped apricots and a sweetener of choice and lower the heat. Remove from the pan on completion and cover to keep warm.

2. IN THE MEANTIME... Boil the kettle. Submerge the peas in boiling water for 2-3 minutes and drain on completion. Place the vinegar in a salad bowl with 2 tbsps of boiling water. Toss through the cabbage and carrot, season, and set aside to pickle. Loosen the coleslaw sauce with water in 5ml increments until drizzling consistency. Mix in ¼ of the Indian rub (to taste) until well combined. Season and set aside.

3. SOFT, FLAKY ROTIS Place a clean pan over a medium heat. When hot, dry toast the rotis in batches for 30-60 seconds per side until warmed through and lightly crisped. Remove from the pan on completion and stack under a tea towel as you go to keep warm.

4. GOLDEN FISH Place the remaining rub in a small bowl, and mix in a drizzle of oil, and some seasoning. Pat the yellowtail dry with paper towel. Slice into 2-3cm strips and coat in the curried oil. Return the pan to a medium heat with a knob of butter or a small drizzle of oil. When hot, fry the fish skin-side down for 1-2 minutes until the skin is crispy. Then, fry for 1-2 minutes on each side until cooked through and golden all over. Remove from the pan on completion.

5. FINISH UP Drain the pickling liquid from the slaw. Mix in the peas and ½ of the coleslaw sauce until coated. Add some seasoning and lemon zest, and toss to combine.

6. GRUB'S UP Time to assemble these pockets of heaven! Place the creamy coleslaw on the rotis and cover with the apricot caramelised onion. Top with the golden yellowtail and drizzle over the remaining coleslaw sauce. Garnish with the rinsed coriander leaves, the remaining dried apricots, and a lemon wedge. Wrap up and enjoy!



Chef's Tip

Caramelised onions are best when sliced very finely and cooked very slowly. If you can, fry yours over a low heat and add on an extra 10-15 minutes of cooking time.

Nutritional Information

Per 100g

Energy	560kj
Energy	134Kcal
Protein	9g
Carbs	16g
of which sugars	5.2g
Fibre	2.3g
Fat	3.8g
of which saturated	0.9g
Sodium	183mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day