



# UCOOK

## Curried Yellowtail Roti Wraps

**with caramelised onion, golden sultanas & 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 juice, and flecked with golden sultanas. Mouthwatering & moreish!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Alvi's Drift | 221 Chenin Blanc

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## Ingredients & Prep

2	Onions <i>peeled &amp; finely sliced</i>
60g	Golden Sultanas
200g	Cabbage
15g	Fresh Coriander
160g	Peas
60ml	Apple Cider Vinegar
120ml	Creamy Coleslaw Sauce <i>(60ml That Mayo (Garlic) &amp; 60ml Plain Yoghurt)</i>
30ml	Medium Curry Powder
16	Cocktail Rotis
4	Line-caught Yellowtail Fillets
60ml	Lemon Juice

## From Your Kitchen

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

**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 12-15 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add in ½ the sultanas and a sweetener of choice to taste. Remove from the pan on completion, cover, and set aside to keep warm.

**2. IN THE MEANTIME...** Boil the kettle. Finely slice the cabbage. Rinse and pick the coriander. Submerge the peas in boiling water for 2-3 minutes. Place the vinegar in a large salad bowl with 5 tbsp of boiling water. Toss through the sliced cabbage, season, and set aside to pickle. Loosen the coleslaw sauce with water in 5ml increments until drizzling consistency. Mix in ¼ of the curry spice (or to taste) until well combined. Season to taste and set aside. When the peas are plump and heated through, drain 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. FRY YOUR FISH** Place the remaining curry spice in a small bowl, and mix in a drizzle of oil and some seasoning. Pat the yellowtail dry with paper towel. Slice into 3-4cm thick strips and coat in the curried oil. Return the pan to a medium heat with a knob of butter or 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 — lose it or reuse it! Mix in the peas and ½ of the coleslaw sauce until coated. Add some seasoning 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 sultana caramelised onion. Top with the golden yellowtail and drizzle over the remaining coleslaw sauce. Garnish with the rinsed coriander leaves, the remaining sultanas, and a drizzle of the lemon juice. 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 cooking time.

## Nutritional Information

Per 100g

Energy	578kj
Energy	138kcal
Protein	8.9g
Carbs	16g
of which sugars	5.3g
Fibre	2.5g
Fat	3.8g
of which saturated	0.9g
Sodium	159mg

## Allergens

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

Cook  
within 1  
Day