



# 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.

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**Hands-on Time:** 10 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Fan Faves

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 Leopard's Leap | Culinary Brut MCC

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## Ingredients & Prep

200g	Potato <i>rinsed, peeled &amp; cut into bite-sized chunks</i>
1	Kingklip Fillet
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
100g	Cabbage <i>thinly sliced</i>
30ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinsed, picked &amp; 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 10-15 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 1-2 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