



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!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 **Quick & Easy**

 **Alvi's Drift | 221 Chenin Blanc**

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Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
15g	Golden Sultanas
100g	Cabbage
4g	Fresh Coriander
40g	Peas
15ml	Apple Cider Vinegar
30ml	Creamy Coleslaw Sauce <i>(15ml That Mayo (Garlic) & 15ml Plain Yoghurt)</i>
7,5ml	Medium Curry Powder
4	Cocktail Rotis
1	Line-caught Yellowtail Fillet
15ml	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 7-9 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 salad bowl with 2 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