

UCCOOK

Grilled Yellowtail & Yoghurt Slaw

with roasted butternut

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 337kJ | 1997kJ |
| Energy | 81kcal | 477kcal |
| Protein | 7.8g | 46.3g |
| Carbs | 7g | 43g |
| of which sugars | 2g | 11g |
| Fibre | 1g | 9g |
| Fat | 1.8g | 10.6g |
| of which saturated | 0.6g | 3.5g |
| Sodium | 64.9mg | 384.6mg |

Allergens: Cow's Milk, Allium, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 250g | 500g | Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i> |
| 100g | 200g | Shredded Cabbage & Julienne Carrots |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice</i> |
| 50ml | 100ml | Greek Yoghurt |
| 10ml | 20ml | Lemon Juice |
| 1 | 2 | Line-caught Yellowtail Fillet/s |
| 5ml | 10ml | NOMU Seafood Rub |

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SLAW In a bowl, combine the slaw mix, the spring onion, the yoghurt, lemon juice (to taste) and season. Set aside in the fridge.

3. FISH Place a pan over medium heat. Pat the fish dry with paper towel and lightly spray with cooking spray. When hot, fry the fish until golden, 3-4 minutes per side. In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and season.

4. DINNER IS READY Dish up the butternut, side with the fish and the creamy slaw. Cheers, Chef!