



# U COOK

## 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 81kcal	1997kJ 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) &amp; cut into half-moons</i>
100g	200g	Shredded Cabbage & Julienne Carrots
1	1	Spring Onion <i>rinse, trim &amp; 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!