



UCOOK

Seared Yellowtail & Crispy DIY Onions

with baby potatoes, homemade tartar sauce & fresh dill

If you're looking for an easy (yet impressive) seafood dish to serve up for dinner, look no further than this winner! Yellowtail is seared until golden, onions are floured and then fried until crispy and oh-so-addictive. Served with a dill & baby potato salad and dollops of homemade tartar sauce. Delicious!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

🍷 Adventurous Foodie

🍷 Simonsig | Die Kluisenaar White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Baby Potatoes <i>rinsed & halved</i>
150ml	That Mayo (Original)
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
150g	Gherkins <i>drained & finely diced</i>
180ml	Self-raising Flour
2	Onions <i>1½ peeled & thinly sliced</i>
3	Line-caught Yellowtail Fillets
60g	Green Leaves <i>rinsed</i>
300g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Butter (optional)

1. BABY TATOES Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and cover.

2. TARTAR & BATTER In a small bowl, combine the mayo, ½ the chopped dill, the diced gherkin, seasoning, and a splash of water. Set aside. In a bowl, whisk 2 eggs with a splash of water. In a separate bowl, combine the flour with seasoning.

3. FRIED ONIONS Place a pot or pan over medium heat with enough oil to cover the base. Coat the onion slices in the egg mixture, then toss in the bowl of seasoned flour. When the oil is hot, carefully lower the floured onion slices into the hot oil. Fry until golden brown, 2-4 minutes (shifting halfway). You may need to do this step in batches. Drain on paper towel.

4. YUMMY YELLOWTAIL Place a pan over medium heat with a drizzle of oil. Pat the yellowtail dry with paper towel and season. When hot, fry the yellowtail, skin side down, until crispy, 3-5 minutes. Flip and fry until cooked through, 2-3 minutes. In the final minute, baste with a knob of butter (optional).

5. CLASSIC SIDE In a salad bowl, combine the boiled baby potatoes, the green leaves, the cucumber half-moons, the remaining dill, a drizzle of olive oil, and seasoning.

6. ALL DONE! Plate up the seared yellowtail and dollop over ½ the tartar sauce. Side with the crispy onions and the baby potato & cucumber salad. Serve with the remaining sauce for dunking. Cheers, Chef!

Nutritional Information

Per 100g

Energy	505kJ
Energy	121kcal
Protein	7g
Carbs	14g
of which sugars	1.8g
Fibre	1.1g
Fat	3.6g
of which saturated	1g
Sodium	83mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day