



UCOOK

Fabulous Flaked Yellowtail

with a baby potato salad & pickled onions

A delicious yet healthy creamy potato salad with yoghurt, mustard, capers, lemon accompanies a flakey yellowtail fillet, laying on a bed of green leaves. Along with pesto coated baby marrow ribbons, this dish is balanced and divine!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

600g	Baby Potatoes <i>halved</i>
30ml	Red Wine Vinegar
2	Red Onions <i>1½ peeled & finely sliced</i>
30g	Flaked Almonds
300g	Baby Marrow <i>rinsed, trimmed & peeled or thinly sliced into ribbons</i>
45ml	Pesto Princess Basil Pesto
2	Lemons <i>1½ zested & cut into wedges</i>
3	Line-caught Yellowtail Fillets
150ml	Low Fat Plain Yoghurt
22,5ml	Dijon Mustard
15g	Capers <i>drained</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. LET'S BOIL Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 25-30 minutes until cooked through and soft. Remove from the heat on completion and drain. Cover with the lid to keep warm.

2. IN A PICKLE In a small bowl, add the red wine vinegar, 15ml of a sweetener of choice and 30ml of water. Mix until the sweetener has fully dissolved. Add the onion slices, toss until fully coated and set aside to pickle. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

3. MARROW TIME Lightly coat the baby marrow ribbons in oil and seasoning. Return the pan to a high heat. When hot, fry the strips for 3-5 minutes per side until slightly charred. You may need to do this step in batches. Remove from the heat and toss through the pesto and the lemon zest.

4. FLAKEY FISH Pat the yellowtail dry with some paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the fish skin-side down for 3-5 minutes until the skin is turning crispy and golden. Flip, add a knob of butter and cook for a further 2-3 minutes until cooked through, constantly basting the fish with the butter. You might have to do this step in batches. Remove from the pan on completion and, using a fork, gently flake the flesh of the fish into chunks. Discard the bones and the skin.

5. ALL TOGETHER NOW! Drain the pickling liquid from the onions and discard. In a large bowl, mix the yoghurt, the mustard, the juice of 3 lemon wedges, the drained capers, ½ the chopped parsley, the halved potatoes, the flaked fish, seasoning, and ½ the drained pickled onions. Toss until fully coated.

6. FEAST O' FISH Make a bed of the rinsed green leaves. Top with the yellowtail and potato salad. Sprinkle over the remaining pickled onion and parsley. Side with the pesto baby marrow and a lemon wedge. Finish off with a sprinkle of toasted almonds. Simply stunning, Chef!

Nutritional Information

Per 100g

Energy	382kj
Energy	91Kcal
Protein	7g
Carbs	8g
of which sugars	1.9g
Fibre	1.2g
Fat	3.4g
of which saturated	0.6g
Sodium	85mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day