



UCOOK

Yellowtail & Lemon Butter Sauce

with plump white rice & gem squash

So simple yet so full of flavour! Fried yellowtail is served alongside fluffy rice and is served with the most delectable homemade lemon butter sauce, infused with parsley. A delicious pile of green veggies balances this dish out and finishes it off!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Fan Faves

 Robertson Winery | Chardonnay

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Ingredients & Prep

1	Gem Squash
100ml	White Basmati Rice
50g	Peas
50g	Butter
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>
2,5ml	Smoked Paprika
1	Garlic Clove <i>peeled & ½ grated</i>
1	Line-caught Yellowtail Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GEM SQUASH MAGIC Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot on completion and cut in half. Scoop out the seeds and discard. Cover to keep warm.

2. NICE AS RICE Boil the kettle. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. GREEN PEA-CE Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

4. GET SAUCY Place a pan over a medium-high heat with the butter. Once melted, remove from the heat and add the lemon zest, ½ the chopped parsley, ½ the paprika, and the grated garlic (to taste). Remove from the pan, place in a bowl, and cover to keep warm.

5. TAILS OF YELLOW Pat the yellowtail dry with some paper towel. Return the pan, wiped down if necessary, 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, and cook for a further 2-3 minutes until cooked through.

6. DINNER IS SERVED Plate up a generous helping of rice and side with the gem squash halves. Spoon the peas into the gem squash halves and dish up your fish. Drizzle the butter sauce over everything. Garnish with the remaining parsley and paprika. Serve with a lemon wedge.

Nutritional Information

Per 100g

Energy	772kJ
Energy	184Kcal
Protein	8.9g
Carbs	16g
of which sugars	0.8g
Fibre	1.7g
Fat	9.5g
of which saturated	4.8g
Sodium	64mg

Allergens

Dairy, Allium, Fish

Cook
within 1
Day