



UCOOK

Yellowtail & Baked Citrus Risotto

with a gremolata & blistered baby
tomatoes

A gorgeous fillet of flaky yellowtail sits atop a citrus-infused baked risotto. With a gremolata of parsley, breadcrumbs and garlic. Topped with blistered baby tomatoes and sprinkled with pine nuts, this dish is a flavour dream!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

10g	Pine Nuts
1	Onion <i>½ peeled & roughly diced</i>
100ml	Arborio Rice
5ml	Vegetable Stock
80g	Baby Tomato Medley <i>halved</i>
50ml	Panko Breadcrumbs
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
1	Line-caught Yellowtail Fillet
15ml	Orange Juice
1	Lemon <i>½ zested & cut into wedges</i>

From Your Kitchen

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

1. DON'T PINE AFTER ME Preheat the oven to 180°C. Boil a full kettle. Dilute the stock with 400ml of boiling water. Place the pine nuts in a pot (large enough for the risotto) over a medium heat. Toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

2. RAVISHING RISOTTO Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 4-5 minutes until soft and translucent. Stir through the rice for about 30 seconds. Add ½ the diluted stock and mix until fully combined. Leave to simmer for 6-7 minutes or until most of the liquid has been absorbed, mixing occasionally. Add the remaining diluted stock and bring to a boil. Once boiling, place in a small oven proof dish. Pop in the hot oven and bake for 15-20 minutes until all the liquid has been absorbed and the rice is cooked, mixing halfway.

3. BLISTERED TOMATOES Place a pan over a medium heat with a drizzle of oil. When hot, fry the halved tomatoes for 3-4 minutes until lightly charred and blistered. Remove from the pan and season to taste.

4. PARSLEY GREMOLATA Return the pan, wiped down if necessary, to a medium heat with a knob of butter or a drizzle of oil. When hot, add the breadcrumbs and fry for 2-3 minutes until lightly toasted. In the final minute, add the grated garlic and fry until fragrant, shifting constantly. Remove from the heat on completion. Mix through ½ the chopped parsley and seasoning. Remove from the pan on completion.

5. YUMMY YELLOWTAIL When the risotto has 5-10 minutes to go, pat the yellowtail dry with some paper towel and season. 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, add a knob of butter (optional) and cook for a further 2-3 minutes until cooked through. When the risotto is done, drain any excess liquid if necessary, and stir through the juice of 1 lemon wedge, the orange juice, lemon zest, seasoning, and a knob of butter (optional).

6. FISH FEAST! Make a bed of the citrus baked risotto. Top with the yellowtail and coat in the parsley gremolata. Scatter over the blistered baby tomatoes and sprinkle over the toasted pine nuts and remaining parsley. Gorgeous, Chef!



Chef's Tip

The time of the risotto may vary depending on the type and strength of your oven, so reduce or increase the cooking time as necessary!

Nutritional Information

Per 100g

Energy	643kj
Energy	154Kcal
Protein	9.8g
Carbs	22g
of which sugars	1.7g
Fibre	1.6g
Fat	2.8g
of which saturated	0.6g
Sodium	138mg

Allergens

Gluten, Allium, Wheat, Fish, Tree Nuts

Cook
within 1
Day