



UCOOK

Yellowtail & Rainbow Quinoa

with grilled baby marrow, carrot, & a piquanté pepper salad

The deliciousness of fried rice, but made with nourishing quinoa instead (hello protein!) With a colourful array of pan-fried diced veggies and covered by oven-baked, herb-coated yellowtail. What's not to love?

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

75ml	Quinoa
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ cut into wedges</i>
30g	Piquanté Peppers <i>drained & chopped</i>
20g	Green Leaves <i>rinsed</i>
1	Onion <i>½ peeled & finely diced</i>
120g	Carrot <i>rinsed, trimmed & diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Baby Marrow <i>rinsed, trimmed & diced</i>
1	Yellowtail Fillet
10ml	NOMU Seafood Rub

From Your Kitchen

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

1. GET YOUR GRAIN ON Preheat the oven to 200°C. Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. SALAD WITH A PING Place ½ of the chopped parsley in a small bowl with a squeeze of lemon juice. Gradually mix in olive oil until combined to form a dressing, and season to taste. Place the chopped piquanté peppers and rinsed green leaves in a salad bowl and toss through the dressing to taste. Set aside for serving.

3. A RAINBOW OF FRIED VEGGIES When the quinoa is at the halfway mark, place a pan over a medium heat with a generous drizzle of oil. When hot, sauté the diced onion, diced carrot, and grated garlic for 2-4 minutes. Add the diced baby marrow and fry for 4-5 minutes until all the veg has softened, shifting occasionally.

4. IN THE MEANTIME... Pat the yellowtail dry with paper towel and place on a lightly greased baking tray. Coat in oil, the Seafood Rub, and seasoning. Pop in the hot oven and bake for 7-8 minutes until cooked through and crisping at the edges.

5. WRAP IT UP Once the quinoa is cooked, add to the pan of veg and toss to combine. Fry for 3-4 minutes, shifting constantly. Season well with salt and pepper, and remove from heat.

6. TUCK IN! Make a bed of veg fried quinoa and top with the oven-baked yellowtail. Garnish with the remaining parsley and a lemon wedge, and serve with the vibrant salad on the side. Good job, Chef!



Chef's Tip

If you have a mandolin, use it to slice up your carrots before dicing them. Carrots are hard vegetables and take a good amount of time and effort to chop, so make your prep as easy for yourself as possible!

Nutritional Information

Per 100g

Energy	434kJ
Energy	104Kcal
Protein	8.2g
Carbs	13g
of which sugars	3.5g
Fibre	2.1g
Fat	2.2g
of which saturated	0.4g
Sodium	135mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day