



UCOOK

Paardenkloof's Crispy Yellowtail

with a pineapple & fresh chilli relish


Let's switch up our fruit & fish pairing options, Chef! Instead of the classic lemon, this Caribbean-inspired dish uses pineapple for a citrus salsa with a chilli kick. This beautifully balances the pan-fried yellowtail fish, with a crispy skin and basted in a parsley, garlic & lemon oil. A satisfying serving of golden roasted butternut & onion wedges complete the meal.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Paardenkloof Winery

 Carb Conscious

 Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon blanc 2019

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Ingredients & Prep

| | |
|------|---|
| 750g | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 2 | Onions <i>peel, finely dice ¼ & cut ¾ into thick wedges</i> |
| 15g | Jerk Seasoning |
| 180g | Pineapple Pieces <i>drain & roughly chop</i> |
| 8g | Fresh Coriander <i>rinse, pick & finely chop</i> |
| 2 | Fresh Chillies <i>rinse, trim, deseed & finely chop</i> |
| 45ml | Lemon Juice |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 8g | Fresh Parsley <i>rinse, pick & roughly chop</i> |
| 90ml | Cake Flour |
| 3 | Line-caught Yellowtail Fillets |

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces & the onion wedges on a roasting tray. Coat in oil and the jerk seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. LET'S SALSA To a bowl, add the diced pineapple, the diced onion (to taste), the chopped coriander, the chopped chilli (to taste), and ½ the lemon juice (to taste). Toss to combine, season, and set aside in the fridge.

3. ZESTY OIL In a small bowl, combine the remaining lemon juice, the grated garlic, ½ the chopped parsley, and a drizzle of oil. Set aside.

4. CRISPY FISH Place a pan over medium-high heat with a drizzle of oil. In a shallow dish, season the flour. Pat the yellowtail dry with paper towel and coat in the seasoned flour. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter and the garlic & parsley mixture. Remove from the pan, reserving the herby garlic butter, and season.

5. A TASTE OF THE CARIBBEAN Serve the roasted butternut & onion alongside the crispy yellowtail. Drizzle the reserved herby butter over the fish and serve the pineapple & fresh chilli relish on the side. Garnish with the remaining parsley.



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, the jerk seasoning, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 369kj |
| Energy | 88kcal |
| Protein | 7.3g |
| Carbs | 10g |
| of which sugars | 3.3g |
| Fibre | 1.3g |
| Fat | 1.5g |
| of which saturated | 0.3g |
| Sodium | 19mg |

Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk

Cook
within 1
Day