



UCCOOK

Heavenly Herby Dorado

with baby marrow ribbons & roasted pumpkin

Sweet roasted pumpkin, served with a fresh marrow salad and pan-fried herby dorado fillet. This dish may be light, but it's heavy on flavour!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Fat Bastard | Chardonnay

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Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
3	Dorado Fillets
45ml	Spice Mix <i>(22,5ml NOMU Seafood Rub & 22,5ml Dried Oregano)</i>
2	Lemons <i>1½ zested & cut into wedges</i>
300g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. PUMP IT UP Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. HERB'S THE WORD Pat the dorado dry with some paper towel and coat in ½ the spice mix, a squeeze of lemon juice, and seasoning. Set aside to marinate for at least 10-15 minutes.

3. WILL YOU MARROW ME? In a salad bowl, combine the baby marrow ribbons, the lemon zest (to taste), a squeeze of lemon juice, ½ the chopped parsley, and seasoning.

4. LET'S FRY Place a pan over a medium heat with a drizzle of oil. When hot, fry the marinated fish, skin side down, for 3-5 minutes until the skin is turning crispy and golden. Flip, add a knob of butter or an extra drizzle of oil and the remaining spice mix. Cook for a further 2-3 minutes until cooked through, constantly basting the fish.

5. OF-FISH-IALY DINNER TIME! Plate up the herby dorado. Side with the roasted pumpkin and the fresh marrow salad. Sprinkle over the remaining parsley and garnish with a lemon wedge. Dig in, Chef!

Nutritional Information

Per 100g

Energy	211kJ
Energy	51Kcal
Protein	5.4g
Carbs	6g
of which sugars	2.3g
Fibre	2g
Fat	0.4g
of which saturated	1g
Sodium	109mg

Allergens

Allium, Fish

Cook
within 1
Day