



# UCCOOK

## Yellowtail & Patatas Bravas

**with garlicky mayo & a pickled pepper &  
green leaf salad**

Patatas bravas is a Spanish tapas dish: deliciously crispy potato chunks are served with a spicy tomato sauce. To make things even better, we've added a beautiful flaky yellowtail fillet to go along with it, as well as fresh salad leaves with pickled pepper. Who needs a flight to Mallorca when you have this recipe?

---

**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes

---

**Serves:** 3 People

---

**Chef:** Deon Huysamer

---

 Fan Faves

---

 Boschendal | Rachelsfontein Chenin Blanc

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Potato <i>rinsed &amp; cut into bite-sized pieces</i>
2	Onions <i>peeled &amp; finely diced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
7.5ml	Smoked Paprika
300g	Cooked Chopped Tomato
12g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
60g	Salad Leaves <i>rinsed</i>
75g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
3	Line-caught Yellowtail Fillets
30ml	NOMU Mexican Spice Blend
75ml	That Mayo (Garlic)

## From Your Kitchen

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

**1. ROASTED UP** Preheat the oven to 200°C. Place the potato pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 35-40 minutes until golden and cooked through, shifting halfway.

**2. LIP-SMACKING SAUCE** Place a pan over a medium heat with a drizzle of oil. When hot, sauté the diced onion for 6-7 minutes until softened and translucent. Add the grated garlic and smoked paprika (to taste), and fry for 1-2 minutes until fragrant. Add the cooked chopped tomato and 100ml of water. Bring to a simmer and cook for 10-12 minutes until thickened. On completion, season to taste with salt, pepper, and a sweetener of your choice. Stir through  $\frac{3}{4}$  of the chopped parsley, reserving the rest for garnishing. Remove the sauce from the pan, and cover to keep warm. Wipe down the pan.

**3. FRESHNESS!** In a bowl, toss the rinsed salad leaves, the chopped pickled peppers, a drizzle of oil, and seasoning.

**4. GOLDEN YELLOWTAIL** Pat the yellowtail dry with some paper towel, coat in the spice blend and season. Return the pan 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 or a drizzle of oil and cook for a further 2-3 minutes until cooked through, constantly basting the fish. You might have to do this step in batches. Remove from the pan on completion.

**5. IT'S SPANISH NIGHT!** Plate up the golden potatoes. Top with the tomato sauce and a dollop of garlic mayo. Serve with the pan fried yellowtail and pickled pepper salad. Garnish with the remaining parsley. Buen Provecho!



## Chef's Tip

You can peel the potatoes if you prefer, but leaving them with their skins on to roast means they will come out of the oven with a deliciously crispy finish.

## Nutritional Information

Per 100g

Energy	428kj
Energy	102Kcal
Protein	7.3g
Carbs	12g
of which sugars	2.6g
Fibre	1.8g
Fat	2.8g
of which saturated	0.8g
Sodium	193mg

## Allergens

Egg, Allium, Sulphites, Fish

Cook  
within 1  
Day