Eat Within 1 Day

Trillenium's Feta & Herb Yellowtail

with a Greek-style salad & carrot purée

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	319kJ	2158kJ
Energy	76kcal	516kcal
Protein	6.5g	44.2g
Carbs	6g	43g
of which sugars	3.2g	22g
Fibre	1.6g	10.5g
Fat	2.4g	16.4g
of which saturated	0.9g	5.8g
Sodium	120mg	809mg

Allergens: Cow's Milk, Allium, Sulphites, Fish

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot *rinse, peel & cut into thin rounds*
2	2	Onions *peel & roughly dice 1½ [2]*
150g	200g	Cucumber *rinse & roughly dice*
60g	80g	Pitted Kalamata Olives *drain*
45ml	60ml	Balsamic Vinegar
60g	80g	Salad Leaves *rinse & roughly shred*
8g	10g	Fresh Dill *rinse, pick & roughly chop*
60g	80g	Danish-style Feta *drain & crumble*
3	4	Line-caught Yellowtail Fillets
15ml	20ml	NOMU Seafood Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Paper Towel
Butter
Seasoning (salt & pepper)

1. BUTTERY CARROTS Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the carrot and ½ the onion until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in 600ml [800ml] of boiling water, cover with the lid, and simmer until the carrots are soft, 12-15 minutes.

2. GREEK SALAD In a salad bowl, combine the cucumber, the olives, the remaining onion (to taste), the balsamic vinegar, a drizzle of olive oil, and seasoning. Just before serving, toss through the salad leaves. In a separate bowl, combine ½ the dill with the feta.

3. PURÉE When the carrots are soft, remove from the pot and place in a blender with any remaining water from the pot. Add a knob of butter and seasoning. Blend until a smooth purée, adding more boiling water if necessary. Cover and set aside.

4. FRY THE FISH Pat the fish dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the fish, skin-side down, until the skin is turning crispy and golden, 3-5 minutes. Flip, add a knob of butter, the NOMU rub, and fry until cooked through, 2-3 minutes (constantly basting the fish with the butter). Remove from the pan.

5. FISH FEAST Smear the carrot purée on one side of the plate. Place the fish on top. Coat the fish in the dill and feta mix. Side with the fresh Greek-style salad and sprinkle over the remaining dill. Beautiful, Chef!