



UCOOK

Yellowtail & Tempura Veggies

with lemon juice & pickled chilli

Perfectly pan-fried yellowtail is basted in zesty lemon-garlic bliss, and flanked by crisp tempura beans & oven-roasted carrot wedges. A vibrant piquanté pepper salad adds zing, while a tantalizing drizzle of pickled chilli completes this culinary masterpiece.

Hands-on Time: 50 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Samantha du Toit

 Adventurous Foodie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

960g	Carrot <i>rinsed, peeled & quartered lengthways into wedges</i>
2	Fresh Chillies <i>rinsed, deseeded & finely sliced</i>
40ml	Apple Cider Vinegar
320g	Green Beans <i>rinsed & trimmed</i>
4	Line-caught Yellowtail Fillets
2	Garlic Cloves <i>peeled & grated</i>
40ml	Lemon Juice
200ml	Tempura Flour
80g	Salad Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>rinsed & cut into half-moons</i>
80g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. ROAST THE CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PICKLED CHILLI In a small bowl, combine the sliced chilli, the vinegar, and a pinch of salt. Set aside to pickle.

3. BLANCH THE GREENS Boil the kettle. Fill a pot with boiling water and a pinch of salt. Once bubbling rapidly, blanch the trimmed green beans until cooked al dente, 3-4 minutes. Drain and pat dry with paper towel.

4. COOK THE FISH Place a pan over medium-high heat with a drizzle of oil. Pat the yellowtail dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter, the grated garlic (to taste), and ½ the lemon juice. Remove from the pan and season.

5. BATTER & FRY Fill a bowl or jug with water and ice blocks. To a separate bowl, add the flour and a pinch of salt. Slowly whisk in 200ml of ice-cold water. (Don't overmix - lumps are fine in this case!) Coat the blanched green beans in the batter. Place a deep pan over high heat with 2cm of oil covering the base. When hot, gently lower the battered green beans into the oil and fry until golden brown, 30-60 seconds (turning regularly). You will need to do this step in batches. Remove from the pan, drain on paper towel, and season.

6. FRESH SALAD In a salad bowl, combine the remaining lemon juice with a drizzle of olive oil. Toss through the shredded leaves, the cucumber half-moons, and the chopped peppers.

7. GRAB THE PLATES Plate up the lemon-garlic yellowtail. Side with the tempura beans, the roasted carrots, and the piquanté pepper salad. Drizzle over the pickled chilli (to taste). Dive in, Chef!

Nutritional Information

Per 100g

Energy	336kJ
Energy	80kcal
Protein	6.8g
Carbs	10g
of which sugars	3.3g
Fibre	1.7g
Fat	1.4g
of which saturated	0.3g
Sodium	56mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 1
Day