



U COOK

Grilled Yellowtail & Yoghurt Slaw

with roasted butternut

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	337kJ 81kcal	1997kJ 477kcal
Protein	7.8g	46.3g
Carbs	7g	43g
of which sugars	2g	11g
Fibre	1g	9g
Fat	1.8g	10.6g
of which saturated	0.6g	3.5g
Sodium	64.9mg	384.6mg

Allergens: Cow's Milk, Allium, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	Serves 4	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
300g	400g	Shredded Cabbage & Julienne Carrots
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150ml	200ml	Greek Yoghurt
30ml	40ml	Lemon Juice
3	4	Line-caught Yellowtail Fillets
15ml	20ml	NOMU Seafood Rub

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

- 1. ROAST** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. SLAW** In a bowl, combine the slaw mix, the spring onion, the yoghurt, lemon juice (to taste) and season. Set aside in the fridge.
- 3. FISH** Place a pan over medium heat. Pat the fish dry with paper towel and lightly spray with cooking spray. When hot, fry the fish until golden, 3-4 minutes per side. In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and season.
- 4. DINNER IS READY** Dish up the butternut, side with the fish and the creamy slaw. Cheers, Chef!