



UCOOK

Yellowtail Pomodoro

with chilli flakes & crème fraîche

This dish proves that a tomato-y pomodoro-style sauce is the perfect carrier for tender yellowtail! All of these beautiful ingredients come together with onion, peas, and dried chilli flakes for some spice! It is served with bulgur wheat and swirled with crème fraîche and sprinklings of fragrant oregano. Bellissimo!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Strandveld | The Navigator Red Blend

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

Ingredients & Prep

75ml	Bulgur Wheat
1	Onion <i>½ peeled & finely diced</i>
5ml	NOMU Italian Rub
2,5ml	Dried Chilli Flakes
100ml	Tomato Passata
1	Line-caught Yellowtail Fillet
30ml	Crème Fraîche
40g	Peas
20g	Salad Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LET'S BEGIN WITH BULGUR Boil the kettle. Place the bulgur wheat in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. POMODORO-STYLE SAUCE Place a pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the rub, and ½ the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 50ml of water. Mix until combined and bring to a simmer.

3. POACHING AWAY Once the sauce is simmering, gently lower the yellowtail into the sauce. Pop on the lid and leave to poach until cooked through and flaky, 8-10 minutes (flipping the fish halfway). Remove the fish from the sauce. Stir ¾ of the crème fraîche, the peas, and a splash of water (if necessary) through the sauce. Season.

4. FRESH LEAVES In a bowl, combine the shredded salad leaves, a drizzle of olive oil, and seasoning.

5. DINNER IS SERVED! Plate up the bulgur wheat. Top with the yellowtail smothered in the pomodoro-style sauce. Serve the dressed leaves on the side. Dollop over the remaining crème fraîche. Sprinkle over the chopped oregano and the remaining chilli flakes (to taste). Great work, Chef!

Nutritional Information

Per 100g

Energy	558kj
Energy	133kcal
Protein	9.6g
Carbs	14g
of which sugars	2.6g
Fibre	3.2g
Fat	4.3g
of which saturated	2g
Sodium	90mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day