



UCOOK

GOOD FOOD | GOOD PEOPLE

Yellowtail & Apricot Glaze

with sautéed spinach and onion, roast butternut & fresh lemon

Fish and apricot is a beloved local pairing – for good reason! Here, the buttery flavour of pan-seared yellowtail is elevated by the fruitiness of an apricot, garlic, and honey glaze. With nutrient-rich veg for balanced, delicious dining.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
20g	Dried Apricots
1	Lemon <i>one half zested & cut into wedges</i>
10ml	Honey
1	Garlic Clove <i>peeled & grated</i>
1	Onion <i>one half peeled & diced</i>
100g	Spinach <i>rinsed & roughly shredded</i>
1	Yellowtail Fillet
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PREP THE ORANGE BITS Preheat the oven to 200°C. Boil the kettle. Spread out the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Place the dried apricots in a bowl and submerge in boiling water. Soak for 4-5 minutes until plumped up and rehydrated. Drain and roughly chop.

2. AMAZE GLAZE When the butternut reaches the halfway mark, place a pot over a medium heat with a drizzle of oil. When hot, add in the chopped apricots, the juice of 1 lemon wedge, and 1 tbsp of water. Gently simmer for 2-3 minutes until sticky, breaking up the apricots as they soften. If starting to dry out during the cooking process, gradually mix in water in 10ml increments. On completion, stir through the honey and half of the grated garlic. Remove from the heat and season to taste. Pop on a lid and set aside to keep warm.

3. SAUTÉ THE SPINACH Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the remaining grated garlic and fry for another minute until fragrant, shifting constantly. Add the shredded spinach and sauté for 3-4 minutes until wilted. On completion, season to taste and transfer to a bowl. Cover to keep warm and set aside until serving.

4. DECADENT YELLOWTAIL Pat the yellowtail dry with some paper towel and season. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fish skin-side down for 3-5 minutes until crispy and golden. Flip, add a knob of butter (optional), and pour over half of the apricot glaze. Fry for a further 2-3 minutes until cooked through, continuously basting with the glaze in the pan. Remove the pan from the heat on completion.

5. STICKY APRICOT HEAVEN! Dish up a generous portion of tender spinach and cover with the roast butternut. Top with the yellowtail fillet, pour over the pan juices, and douse in the remaining apricot glaze. Finish off with sprinklings of chopped parsley and lemon zest to taste — and don't forget to serve a lemon wedge on the side. Indulge, Chef!



Chef's Tip

If you'd prefer a smoother apricot sauce, pop it in a blender or food processor at the end of step 2 and whizz until silky.

Nutritional Information

Per 100g

Energy	351kJ
Energy	84Kcal
Protein	6.6g
Carbs	10g
of which sugars	5.2g
Fibre	1.7g
Fat	1.3g
of which saturated	0.3g
Sodium	148mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day