



UCOOK

Paardenkloof's Crispy Yellowtail

with a pineapple & fresh chilli relish

Let's switch up our fruit & fish pairing options, Chef! Instead of the classic lemon, this Caribbean-inspired dish uses pineapple for a citrus salsa with a chilli kick. This beautifully balances the pan-fried yellowtail fish, with a crispy skin and basted in a parsley, garlic & lemon oil. A satisfying serving of golden roasted butternut & onion wedges complete the meal.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Paardenkloof Winery

 Carb Conscious

 Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon blanc 2019

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel, finely dice ¼ & cut ¾ into thick wedges</i>
5ml	Jerk Seasoning
60g	Pineapple Pieces <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
15ml	Lemon Juice
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	Cake Flour
1	Line-caught Yellowtail Fillet

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces & the onion wedges on a roasting tray. Coat in oil and the jerk seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. LET'S SALSA To a bowl, add the diced pineapple, the diced onion (to taste), the chopped coriander, the chopped chilli (to taste), and ½ the lemon juice (to taste). Toss to combine, season, and set aside in the fridge.

3. ZESTY OIL In a small bowl, combine the remaining lemon juice, the grated garlic, ½ the chopped parsley, and a drizzle of oil. Set aside.

4. CRISPY FISH Place a pan over medium-high heat with a drizzle of oil. In a shallow dish, season the flour. Pat the yellowtail dry with paper towel and coat in the seasoned flour. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter and the garlic & parsley mixture. Remove from the pan, reserving the herby garlic butter, and season.

5. A TASTE OF THE CARIBBEAN Serve the roasted butternut & onion alongside the crispy yellowtail. Drizzle the reserved herby butter over the fish and serve the pineapple & fresh chilli relish on the side. Garnish with the remaining parsley.



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, the jerk seasoning, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	369kj
Energy	88kcal
Protein	7.3g
Carbs	10g
of which sugars	3.3g
Fibre	1.3g
Fat	1.5g
of which saturated	0.3g
Sodium	19mg

Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk

Cook
within 1
Day