



# UCOOK

## Soy Sauce & Ginger Yellowtail

with roasted pumpkin & beetroot

Yellowtail is marinated in soy sauce, ginger, garlic, and spring onion before being cooked to flaky perfection. It is served with golden roasted butternut & beetroot, and is accompanied by a fresh salad. A light meal with heavy flavour!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Aisling Kenny

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 Carb Conscious

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 Boschendal | Rachelsfontein Chenin Blanc

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## Ingredients & Prep

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400g	Beetroot
500g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
10ml	NOMU Seafood Rub
15g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
50ml	Low Sodium Soy Sauce
2	Line-caught Yellowtail Fillets
40g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. LET'S ROAST!** Preheat the oven to 200°C. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot chunks and the butternut chunks on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

**2. MARINATION STATION** In a shallow bowl, combine the grated ginger, the grated garlic, the spring onion whites, the soy sauce, 20ml of water, and 10ml of a sweetener of choice. Add the yellowtail and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

**3. FISH FRY UP** When the roast has 10 minutes remaining, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl, and place in the pan, skin-side down. Fry the fish for 3-5 minutes until the skin is turning crispy and golden. Flip, and cook for a further 2-3 minutes until cooked through. In the final minute, add the reserved marinade and a knob of butter (optional) to the pan. Baste the fish with the marinade. Remove from the heat on completion. In a bowl, combine the rinsed salad leaves, the spring onion greens, a drizzle of oil, and seasoning.

**4. DREAM DINNER** Plate up the roasted veg and side with the perfectly cooked fish. Drizzle over any remaining marinade. Serve the fresh salad on the side. Dive right in, Chef!

## Nutritional Information

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Per 100g

Energy	312kJ
Energy	75Kcal
Protein	7.4g
Carbs	6g
of which sugars	1.3g
Fibre	1.7g
Fat	1.4g
of which saturated	0.3g
Sodium	238mg

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## Allergens

Gluten, Allium, Wheat, Fish, Soy

Cook  
within 1  
Day