



# UCOOK

## Lemon-caper Spaghetti & Yellowtail

with fresh chilli, parsley & capers

With al dente pasta tossed in a fragrant garlic & chilli-infused sauce, complemented by capers, feta & a crispy yellowtail fillet, this recipe is a culinary classic perfect for impressing your guests using minimal effort.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Isra Hoosen

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 Fan Faves

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 Vergelegen | Premium Sauvignon Blanc

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## Ingredients & Prep

500g	Spaghetti Pasta
2	Garlic Cloves
15g	Fresh Parsley
100g	Capers
2	Fresh Chillies
100g	Danish-style Feta
4	Line-caught Yellowtail Fillets
60ml	Lemon Juice

## From Your Kitchen

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

**1. LET'S GO!** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 2 cups of pasta water, and toss through a drizzle of olive oil.

**2. PREP STEP** Peel and grate the garlic. Rinse and roughly chop the parsley. Rinse and roughly chop the capers. Trim, de-seed, and roughly chop the chillies. Drain the feta.

**3. FRY THE FISH** Pat the yellowtail dry with paper towel and season. Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the fish, skin-side down, until crispy and golden, 3-5 minutes. Flip, add a knob of butter and fry until cooked through, 2-3 minutes. Remove from the pan and cover.

**4. GARLIC-CAPER PASTA** Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and the chopped chilli (to taste). Fry until fragrant, 1-2 minutes (shifting occasionally). Add the cooked pasta, a big drizzle of olive oil, and the chopped capers. While stirring the pasta or tossing the pan, pour in the reserved pasta water until loosened and evenly coated. Season (if necessary) and toss through ½ the chopped parsley.

**5. PLATE IT UP** Plate up the pasta. Top with the yellowtail drizzled with the lemon juice. Sprinkle over the remaining parsley. Crumble over the drained feta. Delish work, Chef!

## Nutritional Information

Per 100g

Energy	915kJ
Energy	217kcal
Protein	16.2g
Carbs	26g
of which sugars	1.3g
Fibre	1.4g
Fat	4.9g
of which saturated	2g
Sodium	256mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish

Cook  
within 1  
Day