



UCOOK

Yellowtail 'Bruschetta'

with a panko crumb & bulgur wheat

Imagine a classic Italian bruschetta; crusty bread, chunky tomato and fragrant oregano. Well, take all that same deliciousness, but instead of a bread base you'll find a flaky, tender yellowtail fillet. Don't worry though, the bread will still be there in panko form to create a super tasty crispy crumb! Serve this amazing dish with plump, fluffy bulgur wheat dotted with pickled pepper & feta, and you have yourself an easy, peasy and YUM weeknight dinner!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jeannette Joynt

 Fan Faves

 Delheim Wines | Delheim Gewürztraminer

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Ingredients & Prep

200ml	Bulgur Wheat
80g	Pickled Bell Peppers <i>drained & roughly chopped</i>
60g	Danish-style Feta <i>drained & crumbled</i>
20ml	Lemon Juice
40ml	Panko Breadcrumbs
1	Tomato <i>roughly diced</i>
2	Line-caught Yellowtail Fillets
10ml	NOMU Moroccan Rub
20ml	Balsamic Reduction
8g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. BULGUR WHEAT Preheat the oven to 200°C. Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. On completion, add the chopped pickled peppers, the crumbled feta, the lemon juice (to taste), a drizzle of oil, and seasoning. Toss until fully combined.

2. TOPPINGS In a bowl, combine the breadcrumbs, a drizzle of oil, and seasoning. In a separate bowl, combine the diced tomato, a sweetener of choice (to taste), and seasoning.

3. FISH BAKE Pat the yellowtail dry with paper towel. Place on a greased baking tray. Coat in oil, the rub, and seasoning. Top with the diced tomato mixture and then the crumb mixture. Pop in the hot oven and bake for 10-15 minutes until the yellowtail is cooked through and the crumb is golden.

4. BRUSCHETTA BLISS Plate up a generous helping of the loaded bulgur. Serve with the bruschetta yellowtail. Drizzle over the balsamic reduction and sprinkle over the picked oregano. Buon Appetito!

Nutritional Information

Per 100g

Energy	735kJ
Energy	176kcal
Protein	12.9g
Carbs	22g
of which sugars	4.5g
Fibre	3.4g
Fat	4.5g
of which saturated	1.8g
Sodium	257mg

Allergens

Gluten, Dairy, Wheat, Sulphites, Fish

Cook
within 1
Day