



UCOOK

Red Pepper Pesto Yellowtail

with fresh chilli & roasted butternut

Perfectly cooked yellowtail drizzled in Pesto Princess Red Pepper Pesto & sided with roasted butternut and a fresh salad. Finished with a squeeze of lemon & a sprinkling of fresh dill (& chillies for the brave).

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Leopard's Leap | Chardonnay Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
4	Line-caught Yellowtail Fillets
80g	Salad Leaves <i>rinsed</i>
2	Red Bell Peppers <i>rinsed, deseeded & thinly sliced</i>
15g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
60ml	Pesto Princess Red Pepper Pesto
2	Fresh Chillies <i>deseeded & thinly sliced</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. BUTTERNUT EAT MY DINNER! Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. CRISPY FISH When the roast has 8-10 minutes remaining, pat the yellowtail dry with paper towel and season. Place a nonstick pan over a medium-high heat with a 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) or a drizzle of oil and cook for a further 2-3 minutes until cooked through.

3. FINAL TOUCHES In a salad bowl, combine the rinsed salad leaves, the sliced pepper, a drizzle of oil, ½ the chopped dill, and seasoning. In a small bowl, loosen the red pepper pesto with oil in 5ml increments until drizzling consistency.

4. DINNER IS SERVED Plate up the roasted butternut. Side with the crispy fish drizzled with the loosened pesto. Serve with the fresh salad. Garnish with the sliced chilli (to taste) and sprinkle over the remaining dill. Serve with a lemon wedge. Well done, Chef!

Nutritional Information

Per 100g

Energy	300kj
Energy	72kcal
Protein	6.7g
Carbs	6g
of which sugars	1.8g
Fibre	1.5g
Fat	1.6g
of which saturated	0.4g
Sodium	40mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day