



UCOOK

Yellowtail & Apricot Glaze

with sautéed spinach and onion, roast pumpkin & fresh lemon

Fish and apricot is a beloved local pairing — for good reason! Here, the buttery flavour of pan-seared yellowtail is elevated by the fruitiness of an apricot, garlic, and honey glaze. With nutrient-rich veg for balanced, delicious dining.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Health Nut**

 **Steenberg Vineyards | Rattlesnake Sauvignon Blanc**

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
20g	Dried Apricots
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Honey
1	Garlic Clove <i>peeled & grated</i>
1	Onion <i>½ peeled & roughly diced</i>
100g	Spinach <i>rinsed & roughly shredded</i>
1	Line-caught Yellowtail Fillet
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PREP THE ORANGE THINGS Preheat the oven to 200°C. Boil the kettle. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. Place the dried apricots in a bowl and submerge in boiling water. Allow to soak for 4-5 minutes until plump and rehydrated. Drain, roughly chop, and set aside.

2. AMAZE GLAZE When the pumpkin reaches the halfway mark, give it a shift and return to the oven. Place a small pot over a medium heat with a drizzle of oil. When hot, add in the chopped apricots, the juice of 1 lemon wedge, and 50ml of water. Give a stir and gently simmer for 2-3 minutes until sticky, breaking up the apricots as they soften. If starting to dry out during cooking, gradually mix in water in 10ml increments. On completion, stir through the honey, ½ of the grated garlic, and a knob of butter (optional). Remove from the heat and season to taste. Pop on a lid and set aside to keep warm.

3. SAUTÉ THE SPINACH Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the remaining grated garlic and fry for a minute until fragrant, shifting constantly. Add the shredded spinach and sauté for 3-4 minutes until wilted. On completion, transfer to a bowl and season. Cover to keep warm and set aside for serving.

4. DECADENT FISH Pat the yellowtail dry with paper towel and season the flesh. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the yellowtail skin-side down for 3-5 minutes until the skin is crispy. Flip, add a knob of butter (optional), and pour over ½ of the apricot glaze. Fry for a further 2-3 minutes until cooked through, continuously basting with the glaze in the pan. Remove the pan from the heat on completion.

5. STICKY APRICOT HEAVEN Dish up a generous portion of tender spinach and cover in roast pumpkin. Top with the yellowtail fillet, pour over the pan juices to taste, and douse in the remaining apricot glaze. Finish off with sprinklings of chopped parsley and lemon zest – and don't forget to serve a lemon wedge on the side. Indulge...

Nutritional Information

Per 100g

Energy	345kJ
Energy	83Kcal
Protein	6.7g
Carbs	10g
of which sugars	6.7g
Fibre	1.9g
Fat	1.3g
of which saturated	0.3g
Sodium	148mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day