



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Fan Faves

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 Delheim Wines | Delheim Gewürztraminer

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## Ingredients & Prep

100ml	Bulgur Wheat
40g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
30g	Danish-style Feta <i>drained &amp; crumbled</i>
10ml	Lemon Juice
20ml	Panko Breadcrumbs
1	Tomato <i>roughly diced</i>
1	Line-caught Yellowtail Fillet
5ml	NOMU Moroccan Rub
10ml	Balsamic Reduction
4g	Fresh Oregano <i>rinsed &amp; 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 100ml 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