

# QCOOK

## Yellowtail & Roast Butternut

with Danish-style feta & capers

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	425kj	2261kj
Energy	102kcal	541kcal
Protein	8.8g	46.8g
Carbs	6g	32g
of which sugars	1.5g	7.9g
Fibre	1.2g	6.1g
Fat	4.2g	22.1g
of which saturated	2g	10.5g
Sodium	144mg	767mg

**Allergens:** Sulphites, Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1000g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
7.5ml	10ml	Crushed Black Peppercorns
15ml	20ml	Beef Stock
45ml	60ml	Crème Fraîche
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
90g	120g	Danish-style Feta <i>drain &amp; crumble</i>
30g	40g	Capers <i>drain &amp; roughly chop</i>
3	4	Line-caught Yellowtail Fillets

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey (optional)

**1. BEGIN THE BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 35-40 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. CREAMY PEPPER SAUCE** Boil the kettle. Place a pan over medium heat with a knob of butter. Once melted, stir in the black pepper, the stock, and 150ml [200ml] of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

**3. FETA SALAD** In a bowl, combine the salad leaves, cucumber, the feta, 1/2 the capers, a drizzle of olive oil, and seasoning.

**4. HEAVENLY YELLOWTAIL** Place a pan over medium-high heat with a drizzle of oil. Pat the yellowtail dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

**5. TIME TO DINE** Plate up the fish and drizzle over the au poivre sauce. Side with the fresh salad and the butternut. Garnish with the remaining capers. Perfection, Chef!