



UCOOK

Bertha's Yellowtail Flatbreads

with pickled onion & cumin-infused crème


These scrumptious flatbreads are made from just two ingredients and are so easy that you'll be whipping them up at any opportunity! They form thick, crisp bases for butter-fried yellowtail, topped with dollops of cumin crème fraîche and pickled onion & carrot.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Bertha Winery

 Adventurous Foodie

 Bertha Wines | Bertha Sauvignon Blanc 2023

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Ingredients & Prep

125ml	Self-raising Flour
90ml	Low Fat Plain Yoghurt
40ml	Red Wine Vinegar
1	Onion <i>¼ peeled & finely sliced</i>
120g	Carrot <i>rinsed, trimmed, peeled & cut into thin matchsticks</i>
5ml	Ground Cumin
30ml	Crème Fraîche
1	Line-caught Yellowtail Fillet
20g	Green Leaves <i>rinsed & roughly shredded</i>
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. DOUGH-LICIOUS Set aside 1 tsp of flour. Place the remaining flour in a bowl with a good pinch of salt. Using your hands, rub in 10ml of oil until the mixture looks like breadcrumbs. Mix in the yoghurt and combine into a sticky ball. If too dry, gradually mix in water in 5ml increments until just combined. Use ½ the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide the dough into 2 pieces, cover with cling wrap and pop in the fridge.

2. PICKLED In a bowl, combine the vinegar, 15ml of water, and 10ml of sweetener. Add the sliced onion and the carrot matchsticks, and set aside to pickle.

3. CUMIN CRÈME Place a pan over medium heat. Toast the cumin until fragrant, 1-2 minutes (shifting occasionally). Remove from the pan, allow to cool, and then stir through the crème fraîche. Add water in 5ml increments until drizzling consistency. Season and set aside.

4. PREP THE FLATBREAD Spread the remaining reserved flour across a flat surface. Place the dough balls on top and use a rolling pin or bottle to shape into a flat disc of 12-15cm in diameter. Place a pan over high heat with a small drizzle of oil or a knob of butter. When hot, cook the flatbreads until golden, 2-3 minutes per side. Remove from the pan. As you go, stack between sheets of paper towel to drain and keep warm.

5. FRY THE FISH 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. Gently pull apart the fish into flakes before serving.

6. LOAD IT UP Plate up the flatbreads. Top with the shredded green leaves and the fish flakes, drizzle over the cumin crème, scatter over the pickled onion & carrot, and garnish with the chopped coriander. Go on, Chef – we know you're drooling!

Nutritional Information

Per 100g

Energy	609kJ
Energy	146kcal
Protein	8.9g
Carbs	19g
of which sugars	2.2g
Fibre	1.3g
Fat	3.8g
of which saturated	1.7g
Sodium	30mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day