



UCOOK

Rich Romesco Dorado Fillet

with sweet potato mash & a crispy lentil salad

Flaky dorado fillet coated in a red pepper sauce, accompanied by fluffy sweet potato mash, and a crunchy lentil salad.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
150g	Dorado Fillet
60g	Lentils <i>drained & rinsed</i>
15g	Flaked Almonds
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20g	Sun-dried Tomatoes <i>drained</i>
1	Garlic Clove <i>peeled & grated</i>
2,5ml	Paprika
15ml	Red Wine Vinegar
40g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. SWEET POTATO MASH Boil the kettle. Preheat the oven to 200°C. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add a knob of butter or coconut oil and a splash of water or milk. Mash with a fork or potato masher until desired consistency and combined.

2. FISH & LENTILS Pat the dorado fillet dry with paper towel and coat in oil and season. Place the drained lentils on a roasting tray in a single layer, coat in oil and season. Top with the dorado fillet and roast in the hot oven for 8-10 minutes until the fish is cooked through and the lentils are crisping up.

3. TOASTY ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. RAVISHING ROMESCO In a blender, add $\frac{3}{4}$ of the chopped pickled peppers, $\frac{3}{4}$ of the sun-dried tomatoes, the grated garlic (to taste), the paprika, $\frac{1}{2}$ the toasted almonds and the red wine vinegar. Pulse until smooth. Slowly pour in olive oil until the sauce is creamy and slightly thickened. Add a splash of water if it's too thick. Season to taste.

5. SALAD TOSS UP In a salad bowl, combine the rinsed salad leaves, the remaining chopped pickled pepper, the remaining sun-dried tomatoes, the cooked lentils, a drizzle of olive oil and seasoning.

6. LET'S ASSEMBLE! Plate up the dorado fillet. Spoon over the romesco sauce and side with the sweet potato mash and the lentil salad. Sprinkle over the remaining almonds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	452kj
Energy	108Kcal
Protein	6.9g
Carbs	14g
of which sugars	5.1g
Fibre	3.2g
Fat	2.2g
of which saturated	0.2g
Sodium	154mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day