



UCCOOK

Soy Sauce & Ginger Yellowtail

with roasted pumpkin & beetroot

Yellowtail is marinated in soy sauce, ginger, garlic, and spring onion before being cooked to flaky perfection. It is served with golden roasted butternut & beetroot, and is accompanied by a fresh salad. A light meal with heavy flavour!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Carb Conscious

 Boschendal | Rache'sfontein Chenin Blanc

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Ingredients & Prep

200g	Beetroot
250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
5ml	NOMU Seafood Rub
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
25ml	Low Sodium Soy Sauce
1	Line-caught Yellowtail Fillet
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. LET'S ROAST! Preheat the oven to 200°C. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot chunks and the butternut chunks on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. MARINATION STATION In a shallow bowl, combine the grated ginger, the grated garlic, the spring onion whites, the soy sauce, 10ml of water, and 5ml of a sweetener of choice. Add the yellowtail and toss until fully coated in the marinade. Set aside in the fridge to marinate for at least 10 minutes.

3. FISH FRY UP When the roast has 10 minutes remaining, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl, and place in the pan, skin-side down. Fry the fish for 3-5 minutes until the skin is turning crispy and golden. Flip, and cook for a further 2-3 minutes until cooked through. In the final minute, add the reserved marinade and a knob of butter (optional) to the pan. Baste the fish with the marinade. Remove from the heat on completion. In a bowl, combine the rinsed salad leaves, the spring onion greens, a drizzle of oil, and seasoning.

4. DREAM DINNER Plate up the roasted veg and side with the perfectly cooked fish. Drizzle over any remaining marinade. Serve the fresh salad on the side. Dive right in, Chef!

Nutritional Information

Per 100g

Energy	312kJ
Energy	75Kcal
Protein	7.4g
Carbs	6g
of which sugars	1.3g
Fibre	1.7g
Fat	1.4g
of which saturated	0.3g
Sodium	238mg

Allergens

Gluten, Allium, Wheat, Fish, Soy

Cook
within 1
Day