



UCOOK

Nice & Spicy Yellowtail

with a chilli-lime yoghurt & roasted butternut salad

A yellowtail fillet is basted in NOMU Mexican Rub and served alongside a golden roasted butternut and charred corn salad. Drizzled with a refreshing lime & chilli yoghurt with almonds to add some great crunch

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

1kg	Butternut <i>deseeded, peeled (optional) & cut into half-moons</i>
160g	Corn
200ml	Low Fat Plain Yoghurt
20ml	Dried Chilli Flakes
40ml	Lime Juice
4	Line-caught Yellowtail Fillets
20ml	NOMU Mexican Spice Blend
80g	Salad Leaves <i>rinsed</i>
80g	Almonds

From Your Kitchen

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

1. BAKE THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. SPICY YOGHURT In a bowl, combine the yoghurt, the chilli flakes (to taste), the lime juice, a sweetener, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside until serving.

4. YUMMY YELLOWTAIL When the butternut has 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the yellowtail dry with paper towel and coat in the NOMU spice blend and seasoning. When hot, fry the fish, skin-side down, until the skin is turning crispy and golden, 3-5 minutes. Flip, add a knob of butter and fry until cooked through, 2-3 minutes (constantly basting the fish with the butter). Remove from the pan.

5. SALAD TOSS UP In a bowl, combine the rinsed salad leaves, the charred corn, the roasted butternut, ½ the almonds, and seasoning.

6. THE MAIN EVENT! Plate up the spicy yellowtail and side with the roasted butternut and corn salad. Sprinkle over the remaining almonds and drizzle over the spicy yoghurt (to taste). Enjoy, Chef!



Chef's Tip

If you would like to toast the almonds, place in a pan over medium heat. Toast for 3-5 minutes until golden brown. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	8.6g
Carbs	8g
of which sugars	1.7g
Fibre	1.8g
Fat	3.6g
of which saturated	0.6g
Sodium	66mg

Allergens

Dairy, Allium, Fish, Tree Nuts

Cook
within 1
Day