

Eat Within 1 Day

Tomato-caper Yellowtail

with potato mash & pickled onion

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	336kJ	2060kJ
Energy	80kcal	493kcal
Protein	7.2g	44.1g
Carbs	9g	57g
of which sugars	2g	13g
Fibre	2g	9g
Fat	1.5g	9g
of which saturated	0.4g	2.2g
Sodium	115mg	707mg

Allergens: Sulphites, Fish, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato *peel & cut into bite-sized pieces*
2	2	Onions *peel & roughly dice 1½ [2]*
15ml	20ml	NOMU Italian Rub
30ml	40ml	Red Wine Vinegar
15g	20g	Capers *drain & roughly chop*
150g	200g	Cooked Chopped Tomato
3	4	Line-caught Yellowtail Fillets
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Pickled Onions *drain & thinly slice*

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. MAKE THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Mash with a fork, season, and cover.

2. START THE SAUCE Place a pan over medium-high heat and lightly add cooking spray or a drizzle of oil (optional). When hot, fry the diced onion until soft and browned, 5-6 minutes (shifting occasionally). Add the NOMU rub, ½ the vinegar, and the capers. Fry until fragrant, 1-2 minutes (shifting constantly).

3. ADD THE TOMATO Add the cooked chopped tomato and 150ml [200ml] of water. Simmer until thickened, 5-7 minutes. Add a splash of water if it's too thick. Remove from the heat and season.

4. FRY THE FISH Place a clean pan over medium-high heat. Pat the fish dry with paper towel and lightly coat with cooking spray or a drizzle of oil (optional). When hot, fry the fish until golden, 2-3 minutes per side. Remove from the pan and season.

5. SIDE SALAD In a salad bowl, dress the salad leaves and pickled onion with the remaining vinegar and seasoning. Set aside.

6. DIVE INTO DINNER Plate up the tomato sauce and the fish. Side with the potato mash and the dressed salad. Delish, Chef!