

# QCOOK

## Yellowtail & Roast Butternut

with Danish-style feta & capers

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 425kj    | 2261kj      |
| Energy             | 102kcal  | 541kcal     |
| Protein            | 8.8g     | 46.8g       |
| Carbs              | 6g       | 32g         |
| of which sugars    | 1.5g     | 7.9g        |
| Fibre              | 1.2g     | 6.1g        |
| Fat                | 4.2g     | 22.1g       |
| of which saturated | 2g       | 10.5g       |
| Sodium             | 144mg    | 767mg       |

**Allergens:** Sulphites, Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day



## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 750g     | 1000g      | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 7.5ml    | 10ml       | Crushed Black Peppercorns  |
| 15ml     | 20ml       | Beef Stock   |
| 45ml     | 60ml       | Crème Fraîche  |
| 60g      | 80g        | Salad Leaves<br><i>rinse</i>   |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>                           |
| 90g      | 120g       | Danish-style Feta<br><i>drain &amp; crumble</i>                              |
| 30g      | 40g        | Capers<br><i>drain &amp; roughly chop</i>                                    |
| 3        | 4          | Line-caught Yellowtail Fillets   |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey (optional)

**1. BEGIN THE BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 35-40 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. CREAMY PEPPER SAUCE** Boil the kettle. Place a pan over medium heat with a knob of butter. Once melted, stir in the black pepper, the stock, and 150ml [200ml] of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

**3. FETA SALAD** In a bowl, combine the salad leaves, cucumber, the feta, 1/2 the capers, a drizzle of olive oil, and seasoning.

**4. HEAVENLY YELLOWTAIL** 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.

**5. TIME TO DINE** Plate up the fish and drizzle over the au poivre sauce. Side with the fresh salad and the butternut. Garnish with the remaining capers. Perfection, Chef!