



UCCOOK

Seared Pesto Yellowtail

with roasted baby potato

Hands-on Time: 30 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	481kJ	2036kJ
Energy	115kcal	487kcal
Protein	9.9g	41.8g
Carbs	9g	40g
of which sugars	2.2g	9.1g
Fibre	0.9g	3.9g
Fat	3.6g	15.2g
of which saturated	0.7g	3.2g
Sodium	133mg	563mg

Allergens: Sulphites, Egg, Fish, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & halve</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
10ml	20ml	Lemon Juice
15ml	30ml	Pesto Princess Basil Pesto
1	2	Line-caught Yellowtail Fillet/s
5ml	10ml	NOMU Seafood Rub

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Cooking Spray
Paper Towel

1. **GOLDEN BABY POTATO** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
2. **SALAD & PESTO** In a bowl, combine the green leaves, piquanté peppers, lemon juice, and seasoning. In a small bowl, loosen the pesto with warm water. Set aside.
3. **A TASTE OF THE CAPE** Place a pan over medium-high. Pat the fish dry with paper towel, coat in cooking spray, the NOMU rub and season. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.
4. **SEAFOOD SENSATION** Plate up the roasted baby potatoes. Side with the fresh salad and the fish drizzled with the pesto. Good job, Chef!