



UCOOK

Rich Romesco Dorado Fillet

with sweet potato mash & a crispy lentil
salad

Flaky dorado fillet coated in a red pepper
sauce, accompanied by fluffy sweet potato
mash, and a crunchy lentil salad.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jeannette Joynt

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

| | |
|-------|--|
| 750g | Sweet Potato <i>peeled & cut into bite-sized chunks</i> |
| 450g | Dorado Fillets |
| 180g | Lentils <i>drained & rinsed</i> |
| 45g | Flaked Almonds |
| 150g | Pickled Bell Peppers <i>drained & roughly chopped</i> |
| 60g | Sun-dried Tomatoes <i>drained</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 7,5ml | Paprika |
| 45ml | Red Wine Vinegar |
| 120g | Salad Leaves <i>rinsed</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)
Paper Towel
Blender

1. SWEET POTATO MASH Boil the kettle. Preheat the oven to 200°C. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 20-25 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add a knob of butter or coconut oil and a splash of water or milk. Mash with a fork or potato masher until desired consistency and combined.

2. FISH & LENTILS Pat the dorado fillets dry with paper towel and coat in oil and season. Place the drained lentils on a roasting tray in a single layer, coat in oil and season. Top with the dorado fillets and roast in the hot oven for 8-10 minutes until the fish is cooked through and the lentils are crisping up.

3. TOASTY ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. RAVISHING ROMESCO In a blender, add $\frac{3}{4}$ of the chopped pickled peppers, $\frac{3}{4}$ of the sun-dried tomatoes, the grated garlic (to taste), the paprika, $\frac{1}{2}$ the toasted almonds and the red wine vinegar. Pulse until smooth. Slowly pour in olive oil until the sauce is creamy and slightly thickened. Add a splash of water if it's too thick. Season to taste.

5. SALAD TOSS UP In a salad bowl, combine the rinsed salad leaves, the remaining chopped pickled pepper, the remaining sun-dried tomatoes, the cooked lentils, a drizzle of olive oil and seasoning.

6. LET'S ASSEMBLE! Plate up the dorado fillet. Spoon over the romesco sauce and side with the sweet potato mash and the lentil salad. Sprinkle over the remaining almonds. Dig in, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 452kj |
| Energy | 108Kcal |
| Protein | 6.9g |
| Carbs | 14g |
| of which sugars | 5.1g |
| Fibre | 3.2g |
| Fat | 2.2g |
| of which saturated | 0.2g |
| Sodium | 154mg |

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day