



UCOOK

Yellowtail & Pea Purée

with roasted baby potatoes & fresh mint

Perfectly pan-fried yellowtail paired with a creamy pea and mint purée and served with crispy roast potatoes and beetroot. Finished off with toasted almonds, crumbled feta, and fresh mint. Simple yet stunning!


Hands-On Time: 35 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 Robertson Winery | Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Baby Potatoes <i>rinsed & halved</i>
600g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
30g	Flaked Almonds
3	Garlic Cloves <i>peeled & grated</i>
150g	Peas
150ml	Fresh Cream
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
3	Line-caught Yellowtail Fillets
15ml	NOMU Seafood Rub
75g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. LET'S GET GOING! Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. On a separate roasting tray, spread out the beetroot chunks in a single layer. Coat the potatoes and the beetroot in oil and some seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. IN A NUTSHELL Place the almonds in a non-stick pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion.

3. PEA PURÉE Return the pan to a medium heat with a knob of butter and a drizzle of oil. When hot, add the grated garlic and the peas and sauté for 3-4 minutes until the peas are warmed through. Pour in the cream and leave to simmer for 2-3 minutes, until heated through. Place the peas and cream mix in a blender with ½ the chopped mint and some seasoning. Pulse until a smooth purée. (Alternatively, see Chef's Tip). Add water in 10ml increments if it's too thick for your liking. Cover to keep warm and set aside.

4. LOOKIN SO FRY When the veg has 10 minutes remaining, pat the yellowtail dry with some paper towel and coat in the Seafood Rub and seasoning. Wipe down the pan and return to a medium-high heat with a drizzle of oil. When hot, fry the fish skin-side down for 3-5 minutes until the skin is turning crispy and golden. Flip, add a knob of butter and cook for a further 2-3 minutes until cooked through, constantly basting the fish with the butter. You might have to do this step in batches. Remove from the pan on completion.

5. EAT UP! Smear the pea purée on the plate. Top with the buttery yellowtail and serve alongside the roasted potatoes and beetroot. Crumble over the drained feta and sprinkle over the toasted almonds and the remaining mint. Well done, Chef!



Chef's Tip

If you don't own a blender, make a rustic pea purée. After sautéing your peas and garlic, simply mash the peas with a potato masher or fork, pour in the cream and mix, mix, mix!

Nutritional Information

Per 100g

Energy	508kj
Energy	122Kcal
Protein	7.6g
Carbs	8g
of which sugars	1.7g
Fibre	1.9g
Fat	5.7g
of which saturated	2.7g
Sodium	125mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day