

QCOOK

Yellowtail & Patatas Bravas

with a fresh simple salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

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

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	365kj	2060kj
Energy	87kcal	493kcal
Protein	8.3g	46.9g
Carbs	10g	55g
of which sugars	2g	12g
Fibre	2g	9g
Fat	1.7g	9.4g
of which saturated	0.4g	2.5g
Sodium	50.8mg	287.2mg

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

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
2,5ml	5ml	Smoked Paprika
50g	100g	Cooked Chopped Tomato
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	2	Line-caught Yellowtail Fillet/s
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
15g	30g	Piquanté Peppers <i>drain</i>
10ml	20ml	Lemon Juice
25ml	50ml	Low Fat Cottage Cheese

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Lightly spray with cooking spray, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. LIPSMACKING SAUCE Place a pan over medium heat and lightly spray with cooking spray. When hot, sauté the onion until lightly golden, 4-5 minutes. Add the garlic and smoked paprika, and fry until fragrant, 30-60 seconds. Mix in the cooked chopped tomato and 100ml [200ml] of water. Simmer until thickened, 8-12 minutes. Stir through ¾ of the parsley and seasoning. Remove the sauce from the pan, and cover to keep warm. Wipe down the pan.

3. FISH Return the pan to medium-high heat and lightly spray with cooking spray. Pat the yellowtail dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. Remove from the pan and season.

4. SOME PREP In a bowl, toss the salad leaves, the peppers, the lemon juice, and seasoning. In a small bowl, loosen the cottage cheese with water in 5ml increments until a drizzling consistency.

5. IT'S SPANISH NIGHT! Plate up the golden potatoes. Top with the tomato sauce and drizzle over the cottage cheese. Serve with the yellowtail and a fresh salad. Garnish with the remaining parsley. Buen Provecho!