



UCOOK

Yellowtail & Patatas Bravas

with garlicky mayo & a pickled pepper & green leaf salad

Patatas bravas is a Spanish tapas dish: deliciously crispy potato chunks are served with a spicy tomato sauce. To make things even better, we've added a beautiful flaky yellowtail fillet to go along with it, as well as fresh salad leaves with pickled pepper. Who needs a flight to Mallorca when you have this recipe?

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Deon Huysamer

 Fan Faves

 Boschendal | Rachelsfontein Chenin Blanc

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Ingredients & Prep

200g	Potato <i>rinsed & cut into bite-sized pieces</i>
1	Onion <i>peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
2,5ml	Smoked Paprika
100g	Cooked Chopped Tomato
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
1	Line-caught Yellowtail Fillet
10ml	NOMU Mexican Spice Blend
25ml	That Mayo (Garlic)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey
Butter (optional)

1. ROASTED UP Preheat the oven to 200°C. Place the potato pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until golden and cooked through, shifting halfway.

2. LIP-SMACKING SAUCE Place a pan over a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until softened and translucent. Add the grated garlic and smoked paprika (to taste), and fry for 1-2 minutes until fragrant. Add the cooked chopped tomato and 40ml of water. Bring to a simmer and cook for 8-10 minutes until thickened. On completion, season to taste with salt, pepper, and a sweetener of your choice. Stir through $\frac{3}{4}$ of the chopped parsley, reserving the rest for garnishing. Remove the sauce from the pan, and cover to keep warm. Wipe down the pan.

3. FRESHNESS! In a bowl, toss the rinsed salad leaves, the chopped pickled peppers, a drizzle of oil, and seasoning.

4. GOLDEN YELLOWTAIL Pat the yellowtail dry with some paper towel, coat in the spice blend and season. Return the pan 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 or a drizzle of oil and cook for a further 2-3 minutes until cooked through, constantly basting the fish. Remove from the pan on completion.

5. IT'S SPANISH NIGHT! Plate up the golden potatoes. Top with the tomato sauce and a dollop of garlic mayo. Serve with the pan fried yellowtail and pickled pepper salad. Garnish with the remaining parsley. Buen Provecho!



Chef's Tip

You can peel the potatoes if you prefer, but leaving them with their skins on to roast means they will come out of the oven with a deliciously crispy finish.

Nutritional Information

Per 100g

Energy	428kj
Energy	102Kcal
Protein	7.3g
Carbs	12g
of which sugars	2.6g
Fibre	1.8g
Fat	2.8g
of which saturated	0.8g
Sodium	193mg

Allergens

Egg, Allium, Sulphites, Fish

Cook
within 1
Day