

UCOOK

Feta & Herb Yellowtail

with a Greek-style salad & carrot purée

A simple, tasty dinner of feta and herb-crusted yellowtail, served with a sweet carrot purée, and a fresh salad of cucumber, green pepper, olives, and onion. Something seems fishy here and we're loving it!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

120g	Carrot <i>peeled & cut into thin rounds</i>
1	Onion <i>½ peeled & roughly chopped</i>
40g	Danish-style Feta
20g	Pitted Kalamata Olives
3g	Fresh Dill <i>rinsed</i>
1	Green Bell Pepper
50g	Cucumber
15ml	Balsamic Vinegar
20g	Salad Leaves <i>rinsed & roughly shredded</i>
1	Line-caught Yellowtail Fillet

From Your Kitchen

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

1. AN ORANGE BELT IN CARROT-E Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot rounds and ½ the chopped onion. Fry for 2-3 minutes until slightly softened and starting to brown, shifting occasionally. Pour in 100ml of boiling water, cover with the lid, and leave to simmer for 4-5 minutes until the carrots are soft.

2. WHILE THE CARROTS ARE SIMMERING... Drain the liquid from the feta and the olives. Roughly chop the rinsed dill. Rinse and deseed the green pepper. Cut the green pepper and cucumber into bite-sized pieces and place in a salad bowl. Add the drained olives, the remaining onion (to taste), seasoning, the balsamic vinegar, and a drizzle of oil. Just before serving, add the shredded salad leaves to the salad bowl and toss until fully combined. In a separate bowl, add ½ the chopped dill. Crumble in the drained feta and mix until fully combined.

3. PURÉE Once the carrots are soft, remove from the pan and place in a blender, along with any remaining water from the pan. Add a knob of butter and seasoning. Blend until a smooth purée, adding more boiling water if necessary. Cover to keep warm until serving.

4. YELLOW, ARE YOU THERE Pat the fish dry with some paper towel and season. Place a nonstick pan over 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. Remove from the pan on completion.

5. FISH FEAST Smear the carrot purée on the plate. Place the yellowtail on top. Coat the fish in the dill and feta mix. Side with the fresh Greek-style salad and sprinkle over the remaining dill. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	329kJ
Energy	79kcal
Protein	7g
Carbs	5g
of which sugars	2.6g
Fibre	1.3g
Fat	3.3g
of which saturated	1.4g
Sodium	106mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day