



UCCOOK

Orange & Dijon Carpenter Fish

with an orange marmalade glaze, creamy spinach & pumpkin mash

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info

	Per 100g	Per Portion
Energy	396kJ	1596kJ
Energy	95kcal	382kcal
Protein	8.7g	35.2g
Carbs	5g	19g
of which sugars	1.8g	7.3g
Fibre	1.3g	5.2g
Fat	4.4g	17.9g
of which saturated	1g	4.2g
Sodium	184mg	743mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Pumpkin Chunks
10ml	20ml	Dried Chilli Flakes
10ml	20ml	Onion & Orange Marmalade
10ml	20ml	Dijon Mustard
10ml	20ml	Lemon Juice
10ml	20ml	White Wine
150g	300g	Line-caught Carpenter Fillets
50g	100g	Spinach <i>rinse & roughly shred</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Sour Cream
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Butter

Water

Milk (optional)

1. PUMPKIN MASH Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. FOR THE GLAZE In a bowl, combine the marmalade, dijon mustard, lemon juice, the chilli flakes and the white wine. Season and set aside.

3. FAB FISH Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the fish dry with paper towel. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip the fish, and pour over the orange-dijon glaze on the fish. Allow this to cook until the fish is completely cooked and the glaze has reduced, 2-3 minutes. Remove from the pan and season (reserve any glaze left over in the pan).

4. CREAMY SPINACH Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the garlic until fragrant, 1-2 minutes. Add the spinach and fry until wilted, 2-3 minutes. Remove from the pan, stir in the sour cream and mix until everything is mixed through and season. Loosen with a splash of water if it is too thick.

5. DIVE IN, CHEF! Plate up the creamy spinach and the pumpkin mash. Place the fish alongside and drizzle with the remaining glaze and garnish with the basil. Dinner is ready!