



# UCOOK

## Nice & Spicy Yellowtail

with a chilli-lime yoghurt & roasted butternut salad

A yellowtail fillet is basted in NOMU Mexican Rub and served alongside a golden roasted butternut and charred corn salad. Drizzled with a refreshing lime & chilli yoghurt with almonds to add some great crunch

---

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 Carb Conscious

---

 Simonsig | Die Kluisenaar White Blend

---

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

## Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) &amp; cut into half-moons</i>
40g	Corn
50ml	Low Fat Plain Yoghurt
5ml	Dried Chilli Flakes
10ml	Lime Juice
1	Line-caught Yellowtail Fillet
5ml	NOMU Mexican Spice Blend
20g	Salad Leaves <i>rinsed</i>
20g	Almonds

## From Your Kitchen

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

**1. BAKE THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SPICY YOGHURT** In a bowl, combine the yoghurt, the chilli flakes (to taste), the lime juice, a sweetener, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside until serving.

**4. YUMMY YELLOWTAIL** When the butternut has 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. Pat the yellowtail dry with paper towel and coat in the NOMU spice blend and seasoning. When hot, fry the fish, skin-side down, until the skin is turning crispy and golden, 3-5 minutes. Flip, add a knob of butter and fry until cooked through, 2-3 minutes (constantly basting the fish with the butter). Remove from the pan.

**5. SALAD TOSS UP** In a bowl, combine the rinsed salad leaves, the charred corn, the roasted butternut, ½ the almonds, and seasoning.

**6. THE MAIN EVENT!** Plate up the spicy yellowtail and side with the roasted butternut and corn salad. Sprinkle over the remaining almonds and drizzle over the spicy yoghurt (to taste). Enjoy, Chef!



## Chef's Tip

If you would like to toast the almonds, place in a pan over medium heat. Toast for 3-5 minutes until golden brown. Remove from the pan and set aside to cool.

## Nutritional Information

Per 100g

Energy	447kJ
Energy	107kcal
Protein	8.6g
Carbs	8g
of which sugars	1.7g
Fibre	1.8g
Fat	3.6g
of which saturated	0.6g
Sodium	66mg

## Allergens

Dairy, Allium, Fish, Tree Nuts

Cook  
within 1  
Day