

# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

240g	Carrot <i>peeled &amp; cut into thin rounds</i>
1	Onion <i>peeled &amp; roughly chopped</i>
80g	Danish-style Feta
40g	Pitted Kalamata Olives
5g	Fresh Dill <i>rinsed</i>
1	Green Bell Pepper
100g	Cucumber
30ml	Balsamic Vinegar
40g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
2	Line-caught Yellowtail Fillets

## 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  $\frac{1}{2}$  the chopped onion. Fry for 2-3 minutes until slightly softened and starting to brown, shifting occasionally. Pour in 200ml of boiling water, cover with the lid, and leave to simmer for 5-6 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  $\frac{1}{2}$  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