UCOOK

Yellowtail & Roast Butternut

with Danish-style feta & capers

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	425kJ	2261kJ
Energy	102kcal	541kcal
Protein	8.8g	46.8g
Carbs	6g	32g
of which sugars	1.5g	7.9g
Fibre	1.2g	6.1g
Fat	4.2g	22.1g
of which saturated	2g	10.5g
Sodium	144mg	767mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut *rinse, deseed, peel (optional) & cut into half-moons*
2.5ml	5ml	Crushed Black Peppercorns
5ml	10ml	Beef Stock
15ml	30ml	Crème Fraîche
20g	40g	Salad Leaves *rinse*
50g	100g	Cucumber *rinse & cut into half-moons*
30g	60g	Danish-style Feta *drain & crumble*
10g	20g	Capers *drain & roughly chop*
1	2	Line-caught Yellowtail Fillet/s

From Your Kitchen

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

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CREAMY PEPPER SAUCE Boil the kettle. Place a pan over medium heat with a knob of butter. Once melted, stir in the black pepper, the stock, and 50ml [100ml] of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

3. FETA SALAD In a bowl, combine the salad leaves, cucumber, the feta, 1/2 the capers, a drizzle of olive oil, and seasoning.

4. HEAVENLY YELLOWTAIL Place a pan over medium-high heat with a drizzle of oil. Pat the yellowtail dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

5. TIME TO DINE Plate up the fish and drizzle over the au poivre sauce. Side with the fresh salad and the butternut. Garnish with the remaining capers. Perfection, Chef!