Eat Within 1 Day

UCOOK

Crispy Yellowtail & Roasted Gem Squash

with a creamy tomato sauce

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	361kJ	2613kJ
Energy	86kcal	625kcal
Protein	6.2g	44.8g
Carbs	6g	41g
of which sugars	1.9g	14.1g
Fibre	1.6g	11.5g
Fat	3.6g	26g
of which saturated	1.7g	12.4g
Sodium	176mg	1277mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
660g	880g	Gem Squash *rinse, deseed & cut into wedges*
45ml	60ml	NOMU Spanish Rub
2	2	Onions *peel & roughly dice*
2	2	Garlic Cloves *peel & grate*
2	2	Fresh Chillies
60ml	80ml	White Wine
150ml	200ml	Tomato Passata
8g	10g	Fresh Chives *rinse & finely chop*
150ml	200ml	Fresh Cream
150g	200g	Spinach
3	4	Line-caught Yellowtail Fillets
45ml	60ml	Smoky Flour *(30ml [40ml] Cake Flour & 15ml [20ml] Smoked Paprika)*

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter (optional)
Cooking Spray (or oil of your choice)

1. WHAT A GEM Preheat the oven to 200°C. Place the gem squash on a roasting tray, cut-side up. Lightly drizzle with oil, coat in ½ of the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes.

2. CREAMY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the remaining NOMU rub, the garlic and the chilli (to taste). Fry until fragrant, 2-4 minutes (shifting occasionally). Deglaze the pan with the white wine. Once the wine has cooked off, add the tomato passata, cream, ½ the chives and a sweetener (to taste). Season and simmer for 6-8 minutes. Mix through the spinach and seasoning. Remove from the heat and place a lid on, allowing the spinach to wilt while you cook the fish.

3. SMOKY FISH Place another pan over medium-high heat with a drizzle of oil. Pat the fish dry with paper towel. Dust the fish in the smoky flour. When hot, fry the fish until golden, 2-3 minutes per side. In the final minute, baste with a knob of butter (optional). Remove from the pan and season.

4. DIVE INTO DINNER Bowl up the creamy tomato sauce, topped with the crispy fish. Side with the roasted gem squash and finish off with the remaining chives. Well done, Chef. Dinner is ready.