



UCOOK

Pan-fried Dorado & Basil Pesto

with potato wedges, radish & fresh lemon

Golden roasted potato wedges are partnered with perfectly pan-fried dorado fillets drizzled with basil pesto. Sided with a fast pea & radish salad. Super quick & fresh, Chef!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 Paserene | The Shiner White Blend

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Ingredients & Prep

800g	Potato <i>rinsed & cut into wedges</i>
20ml	NOMU Seafood Rub
80g	Salad Leaves
80g	Radish
1	Lemon
60ml	Pesto Princess Basil Pesto
160g	Peas
600g	Dorado Fillet

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROAST WEDGES Preheat the oven to 220°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. SOME PREP Boil the kettle. Rinse the salad leaves and the radish. Roughly shred the leaves and slice the radish into thin half-moons. Zest and cut the lemon into wedges. Loosen the pesto with 4 tsp of warm water and 4 tsp of olive oil.

3. PLUMP PEAS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

4. FLAKEY DORADO Place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the dorado dry with paper towel. When hot, fry the dorado, skin-side down, until crispy, 3-4 minutes. Flip and fry the other side until cooked through, 3-4 minutes. Remove from the pan and season.

5. FRESH SALAD To a bowl, add the shredded salad leaves and toss together with the sliced radish, the peas, the lemon zest, a squeeze of lemon juice (to taste), seasoning, and add a drizzle of olive oil.

6. TIME TO EAT Plate up the roasted wedges, side with the dorado, and the fresh salad. Drizzle the pesto over the hake and garnish with any remaining lemon wedges. Look at you, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	354kj
Energy	85kcal
Protein	6.6g
Carbs	10g
of which sugars	1.3g
Fibre	2g
Fat	2.1g
of which saturated	0.3g
Sodium	116mg

Allergens

Egg, Dairy, Allium, Fish, Tree Nuts

Cook
within 1
Day