

# UCCOOK

## Herby Yellowtail & Roasted Carrots

with pickled onions & cucumber

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 368kJ    | 2019kJ      |
| Energy             | 88kcal   | 483kcal     |
| Protein            | 7.5g     | 41.1g       |
| Carbs              | 6g       | 34g         |
| of which sugars    | 3.1g     | 17g         |
| Fibre              | 1.5g     | 8g          |
| Fat                | 3.6g     | 19.9g       |
| of which saturated | 0.6g     | 3.3g        |
| Sodium             | 128mg    | 703mg       |

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 |       | [Serves 2]                                                                     |
|----------|-------|--------------------------------------------------------------------------------|
| 240g     | 480g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>            |
| 50ml     | 100ml | Creamy Mayo<br><i>20ml [40ml] Mayo &amp; 30ml [60ml] Low Fat Plain Yoghurt</i> |
| 20g      | 40g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>                               |
| 20g      | 40g   | Pickled Onions<br><i>drain &amp; roughly slice</i>                             |
| 50g      | 100g  | Cucumber<br><i>rinse &amp; cut into half-moons</i>                             |
| 1        | 2     | Line-caught Yellowtail Fillet/s                                                |
| 5ml      | 10ml  | NOMU Cajun Rub                                                                 |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. ROASTED CARROT** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. MMMAYO** To a bowl, add the creamy mayo. Loosen with water in 5ml increments until drizzling consistency, season and set aside.

**3. SIDE SALAD** In a salad bowl, combine the salad leaves, the onion, the cucumber, and the carrot. Season and set aside.

**4. YUMMY 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 and cooked through, 2-3 minutes per side. In the final minute, baste with a knob of butter, and the NOMU rub. Remove from the pan and season.

**5. SO SATISFYING** Plate up the fried fish. Side with the roasted carrot salad. Drizzle with the mayo. Enjoy!