Less than 45 minutes Serves 4 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients

- 2 Tbsp (30ml) olive oil + extra for drizzling
- 1 packet (200g) baby fennel, thinly sliced
- 1 packet (200g) baby leeks, sliced
- 2 small red onions, roughly sliced
- 2 cloves garlic, chopped
- $\frac{1}{4}$  cup (60ml) white wine or vegetable stock
- 1<sup>1</sup>/<sub>2</sub> cups (300g) brown basmati rice, cooked
- Juice (120ml) of 2 lemons
- <sup>1</sup>/<sub>2</sub> Tbsp (7ml) wholegrain mustard
- <sup>1</sup>⁄<sub>4</sub> punnet (5g) fennel leaves, chopped
- <sup>1</sup>/<sub>4</sub> punnet (5g) fresh coriander, chopped
- Salt and milled pepper
- 1 (about 1kg) whole yellowtail, butterflied (ask your PnP fishmonger to do it for you)
- Lemon slices, for garnish
- Green salad, for serving

## Method

- 1. Preheat oven to 200°C.
- 2. Heat oil and fry fennel, leeks and onion for 3-5 minutes.
- 3. Add garlic and fry for another minute or until fragrant.
- 4. Add white wine or stock and simmer for a minute.
- 5. Remove from heat, add rice and stir through lemon juice, mustard, fennel and coriander.
- 6. Season well and cool.
- 7. Place fish on a baking tray and season on both sides.

- 8. Fill fish with rice mixture, fold closed and top with lemon slices.
- 9. Secure with butcher's string and drizzle skin of fish with extra olive oil.
- 10. Cover with foil and bake for 20-25 minutes.
- 11. Uncover and bake for 10-12 minutes until skin is crispy.
- 12. Serve warm with a green salad on the side.

Even better on the braai! Wet 4-6 sheets of newspaper and line them with baking paper before wrapping fish in it. Place on the grid over coals and cover with a braai lid, cooking for about 20-30 minutes, or until the newspaper is dry.

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