

Less than 45 minutes

Serves 4

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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
- ¼ cup (60ml) white wine or vegetable stock
- 1½ cups (300g) brown basmati rice, cooked
- Juice (120ml) of 2 lemons
- ½ Tbsp (7ml) wholegrain mustard
- ¼ punnet (5g) fennel leaves, chopped
- ¼ 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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