



U C O O K

— COOKING MADE EASY

SWORDFISH PUTTANESCA

with spinach-filled spelt, capers & Kalamata olives

Puttanesca is a quintessential Italian sauce of capers, olives, and tomatoes. Its simple, full-bodied flavour is a sophisticated accompaniment for the mild taste and meaty texture of a pan-fried swordfish fillet.

Hands-On Time: 15 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

75ml	Pearled Spelt
5ml	Vegetable Stock
20g	Salad Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>
1	Swordfish Fillet
50g	Spinach <i>rinsed & roughly shredded</i>
1	Onion <i>one half peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Capers <i>drained & chopped</i>
40g	Pitted Kalamata Olives <i>drained & chopped</i>
200g	Cooked Chopped Tomatoes
1	Fresh Chilli <i>deseeded & chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey (optional)

1. PEARLY GRAIN Rinse the spelt and place in a pot with the stock. Submerge in 250ml of water and place over a medium-high heat. Bring to the boil, then reduce the heat. Pop on a lid and allow to simmer for 30-40 minutes. Stir occasionally as the water is absorbed, adding more if required during the cooking process. On completion, the grain should be al dente. Remove from the heat and drain if necessary. Return to the pot and set aside.

2. ASSEMBLE YOUR SALAD When the spelt is about halfway, place the rinsed salad leaves in a bowl. Crumble in the drained feta and add a drizzle of oil. Toss together, season to taste, and set aside for serving.

3. PAN-FRIED SWORDFISH Pat the swordfish dry with paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the fillet on one side for 3-4 minutes until crispy. Flip and fry for another 3-4 minutes until cooked through and golden on both sides. (If your fillet is thicker than 2cm, fry for an extra minute per side.) In the final minute, add a knob of butter (optional) and use it to baste the fish. Remove from the pan on completion, cover to keep warm, and set aside.

4. SPELT & SPINACH Return the pan to a medium heat with another drizzle of oil. When hot, sauté the shredded spinach for 2-3 minutes until wilted. Remove from the pan on completion. Once the spelt is cooked, stir through the wilted spinach and season to taste.

5. PUTTANESCA TIME! Keep the pan on the heat, adding another drizzle of oil or knob of butter. When hot, fry the sliced onion for 3-4 minutes until soft. Add the grated garlic, chopped capers, half of the chopped olives, and some chopped chilli to taste. Fry for another minute, stirring constantly. Stir in the cooked chopped tomatoes and 80ml of water, and allow to simmer for 5-7 minutes until thickened. During the final minute, add a sweetener of choice (optional), season to taste, and return the swordfish to the pan. Baste in the sauce for the remaining time until reheated. Remove from the heat on completion.

6. DISH UP & DIG IN Make a bed of spinachy spelt. Top with the swordfish fillet and douse in the glorious puttanesca sauce. Scatter over the remaining chopped olives and sprinkle with any remaining fresh chilli, if you'd like. Serve with the crisp salad on the side. Buon appetito!



Chef's Tip

Spinach is rich in vitamin K, which is vital for wound healing, cognitive functions, and lowering blood pressure. Add spinach to sauces, whizz it up in smoothies and juices, or sneak it into cooked dishes for a vitamin K kick!

Nutritional Information

Per 100g

Energy	481kJ
Energy	115Kcal
Protein	7.9g
Carbs	12g
of which sugars	3g
Fibre	2.4g
Fat	4.1g
of which saturated	1.5g
Sodium	387mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day