



# UCCOOK

## Tomato-caper Swordfish

with potato mash & pickled onion

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Morgan Otten

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 332kj    | 2016kj      |
| Energy             | 79kcal   | 482kcal     |
| Protein            | 6.2g     | 37.7g       |
| Carbs              | 9g       | 57g         |
| of which sugars    | 2g       | 13g         |
| Fibre              | 2g       | 9g          |
| Fat                | 1.8g     | 10.9g       |
| of which saturated | 0.4g     | 2.6g        |
| Sodium             | 126mg    | 768mg       |

**Allergens:** Sulphites, Fish, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 200g     | 400g       | Potato<br><i>peel &amp; cut into bite-sized pieces</i> |
| 1        | 1          | Onion<br><i>peel &amp; roughly dice ½ [1]</i>          |
| 5ml      | 10ml       | NOMU Italian Rub                                       |
| 10ml     | 20ml       | Red Wine Vinegar                                       |
| 5g       | 10g        | Capers<br><i>drain &amp; roughly chop</i>              |
| 50g      | 100g       | Cooked Chopped Tomato                                  |
| 150g     | 300g       | Line-caught Swordfish Fillet/s                         |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>       |
| 20g      | 40g        | Pickled Onions<br><i>drain &amp; thinly slice</i>      |

## From Your Kitchen

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Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

**1. MAKE THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Mash with a fork, season, and cover.

**2. START THE SAUCE** Place a pan over medium-high heat and lightly add cooking spray or a drizzle of oil (optional). When hot, fry the diced onion until soft and browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, ½ the vinegar, and the capers. Fry until fragrant, 1-2 minutes (shifting constantly).

**3. ADD THE TOMATO** Add the cooked chopped tomato and 50ml [100ml] of water. Simmer until thickened, 5-7 minutes. Add a splash of water if it's too thick. Remove from the heat and season.

**4. FRY THE FISH** Place a pan over medium-high heat and lightly add cooking spray or a drizzle of oil (optional). Pat the swordfish dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.

**5. SIDE SALAD** In a salad bowl, dress the salad leaves and pickled onion with the remaining vinegar and seasoning. Set aside.

**6. DIVE INTO DINNER** Plate up the tomato sauce and the fish. Side with the potato mash and the dressed salad. Delish, Chef!