



UCCOOK

Seaside Fish & Chips

with a homemade tartar sauce

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 375.6kJ | 1971.2kJ |
| Energy | 89.9kcal | 471.7kcal |
| Protein | 7.8g | 40.9g |
| Carbs | 9.3g | 48.9g |
| of which sugars | 1.1g | 6g |
| Fibre | 2g | 9g |
| Fat | 2.3g | 12.3g |
| of which saturated | 0.6g | 3.3g |
| Sodium | 113.3mg | 594.9mg |

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Potato <i>rinse, peel (optional) & cut into 1cm thick chips</i> |
| 40ml | 80ml | Low Fat Plain Yoghurt |
| 3g | 5g | Fresh Dill <i>rinse, pick & finely chop</i> |
| 20g | 40g | Gherkins <i>drain & finely dice</i> |
| 1 | 2 | Line-caught Swordfish Fillet/s |
| 5ml | 10ml | NOMU Cajun Rub |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 30g | 60g | Peas |
| 30g | 60g | Artichoke Quarters <i>drain & halve</i> |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Cooking Spray
Paper Towel

1. CRAVE-WORTHY CHIPS Preheat the oven to 200°C. Coat the potato chips in cooking spray and seasoning, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 25-30 minutes. At the halfway mark, gently shift the chips. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TASTY TARTAR & PLUMP PEAS Boil the kettle. In a bowl, combine the yoghurt, dill, and gherkins. Season and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until plump. Drain on completion and set aside.

3. NOMU-SPICED SWORDFISH Pat the swordfish dry with paper towel. Spray the fish with cooking spray and coat with the NOMU rub and seasoning (both to taste). Place a pan on a low to medium heat. Fry the swordfish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fillet). Remove the pan from the heat. Set aside in the pan until serving.

4. TASTE LIKE HOLIDAY Plate up the salad leaves, topped with the peas and artichokes. Drizzle over the lemon juice. Side with the fish and chips. Dollop over the tartar sauce. Simple as that, Chef!