



UCOOK

Sesame-Soy Swordfish

with wasabi mash & a pineapple salsa

This dish tantalises with sweet and spicy. The classic mash gets a surprising makeover with a wasabi kick, which makes the perfect plate companion for a swordfish fillet coated with a special UCOOK seasoning. Add a pineapple & chive salsa, a delish dipping sauce, and you have a very memorable meal to look forward to!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Fan Faves

Organic by SG | Chardonnay

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Ingredients & Prep

600g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
15ml	Wasabi Powder
15ml	Black Sesame Seeds
15g	Fresh Ginger <i>peel & grate</i>
60ml	Dipping Sauce <i>(37,5ml [50ml])#7DA0D7 Low Sodium Soy Sauce, 15ml [20ml])#7DA0D7 Rice Wine Vinegar & 7,5ml [10ml])#7DA0D7 Sesame Oil</i>
180g	Tinned Pineapple Pieces <i>drain & roughly dice</i>
2	Spring Onions <i>trim & thinly slice</i>
8g	Fresh Chives <i>rinse & finely chop</i>
3	Line-caught Swordfish Fillets
30ml	Swordfish Seasoning <i>(7,5ml [10ml])#7DA0D7 Garlic Powder, 7,5ml [10ml])#7DA0D7 Onion Powder, 7,5ml [10ml])#7DA0D7 Smoked Paprika & 7,5ml [10ml])#7DA0D7 Dried</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Milk (optional)
Seasoning (salt & pepper)

1. WASABI MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), the wasabi powder (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FLAVOURS OF UMAMI Return the pan to low heat. Add the ginger and the dipping sauce. Simmer until warmed through, 30-60 seconds. Remove from the pan, season, and set aside.

4. PINEAPPLE SALSA In a bowl, toss together the pineapple pieces, the spring onion, ½ the chives, a drizzle of olive oil and seasoning. Set aside.

5. GOLDEN FISH Place a grill pan or return the pan to medium-high heat with a drizzle of oil. Pat the fish 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). In the final minute, baste with a knob of butter and the swordfish seasoning. Remove from the pan and set aside.

6. DELICIOUS DINNER Pile up a generous helping of wasabi mash, side with the golden swordfish, and the pineapple salsa. Garnish with the toasted sesame seeds and the remaining chives. Serve the dipping sauce on the side.

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	8.2g
Carbs	11g
of which sugars	2.4g
Fibre	1.6g
Fat	3.2g
of which saturated	0.7g
Sodium	115mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Eat
Within
1 Day