



UCCOOK

Strandveld's Swordfish & Creamy Mash

with a charred corn & cucumber salad

This dish features a Cape Malay spiced & butter-basted swordfish fillet served on top of silky potato mash, sided with a cucumber & charred corn salad. Garnished with toasted almonds and a squeeze of lemon juice. Perfection!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Strandveld Winery

🍷 Adventurous Foodie

🍷 Strandveld | Adamastor White Blend

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Ingredients & Prep

200g	Potato <i>rinsed, peeled & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chopped</i>
50g	Corn
40ml	That Mayo (Original)
5ml	Medium Curry Powder
1	Lemon <i>¼ rinsed, zested & cut into wedges</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Cucumber <i>rinsed & finely diced</i>
1	Line-caught Swordfish Fillet
5ml	Spice & All Things Nice Cape Bay Seasoning

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Paper Towel
Butter

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOAST THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHAR THE CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. DO THE DRIZZLE In a small bowl, combine the mayo, the curry powder (to taste), a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

5. FRESH SALAD In a salad bowl, toss together the shredded leaves, the diced cucumber, the charred corn, ½ the toasted nuts, a squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.

6. FRY THE FISH Return the pan to medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter and the Cape Bay spice. Remove from the pan, reserving any pan juices, and season.

7. TIME TO DINE Serve up the creamy mash and top with the golden swordfish. Drizzle with any reserved pan juices and the curried mayo sauce. Side with the corn & cucumber salad and finish with sprinklings of the remaining nuts. Serve any remaining lemon wedges on the side. Dive in, Chef!

Nutritional Information

Per 100g

Energy	508kj
Energy	121kcal
Protein	6.9g
Carbs	13g
of which sugars	1.5g
Fibre	2.4g
Fat	4.7g
of which saturated	1.1g
Sodium	121mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,
Fish, Tree Nuts

Cook
within 1
Day