



# UCOOK

## Swordfish “Bruschetta”

with a panko crumb & bulgur wheat

Imagine a classic Italian bruschetta; crusty bread, chunky tomato and fragrant oregano. Well, take all that same deliciousness, but instead of a bread base you'll find a flaky, tender swordfish fillet. Don't worry though, the bread will still be there in panko form to create a super tasty crispy crumb! Side this amazing dish with plump fluffy bulgur wheat dotted with pickled pepper and feta, and you have yourself an easy, peasy and YUM weeknight dinner!

---

**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 3 People


---

**Chef:** Jeannette Joynt

---

 Quick & Easy

---

 Boschendal | 1685 Sauvignon Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

300ml	Bulgur Wheat
150g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
120g	Danish-style Feta <i>drained &amp; crumbled</i>
60ml	Panko Breadcrumbs
60ml	Grated Italian-style Hard Cheese
2	Tomatoes <i>roughly diced</i>
3	Swordfish Fillets
15ml	NOMU Moroccan Rub
2	Lemons <i>1½ cut into wedges</i>
30ml	Balsamic Reduction
8g	Fresh Oregano <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. BULGUR WHEAT** Preheat the oven to 200°C. Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. On completion, add the chopped pickled peppers, the crumbled feta, a drizzle of oil, and seasoning. Toss until fully combined.

**2. TOPPINGS** In a bowl, combine the breadcrumbs, the grated cheese, a drizzle of oil, and seasoning. In a separate bowl, combine the diced tomato, a sweetener of choice (to taste), and seasoning.

**3. FISH BAKE** Pat the swordfish dry with paper towel. Place on a greased baking tray. Coat in oil, the rub, and seasoning. Top with the diced tomato mixture and then the crumb mixture. Pop in the hot oven and bake for 10-15 minutes until the swordfish is cooked through and the crumb is golden.

**4. BRUSCHETTA BLISS** Plate up a generous helping of the loaded bulgur. Serve with the bruschetta swordfish. Squeeze over some lemon juice (to taste). Drizzle over the balsamic reduction and sprinkle over the picked oregano. Side with any remaining lemon wedges. Buon Appetito!

## Nutritional Information

Per 100g

Energy	654kJ
Energy	156Kcal
Protein	10.2g
Carbs	18g
of which sugars	4.2g
Fibre	2.9g
Fat	5.2g
of which saturated	2.2g
Sodium	268mg

## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,  
Fish

Cook  
within 2  
Days