



UCOOK

Swordfish & Sweet Potato Dauphinois

with coconut milk, Danish-style feta & carrot salad

Indulge in this super simple yet incredibly flavoursome dinner! Perfectly golden sweet potato dauphinois with a coconut twist is served alongside lemon basted swordfish fillet. Feta is tossed with roasted carrots & crispy onion bits to make a perfectly hearty side to this magnificent meal.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Morgan Nell

 Fan Faves

 Creation Wines | Creation Sauvignon Blanc 2022

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Thyme <i>rinsed, picked & roughly chopped</i>
100ml	Coconut Milk
250g	Sweet Potato <i>peeled (optional) & sliced into thin rounds</i>
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Swordfish Fillet
10ml	Lemon Juice
25g	Danish-style Feta <i>drained & crumbled</i>
10ml	Crispy Onions

From Your Kitchen

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

1. SOME PREP Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and ½ the chopped thyme. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut milk and 80ml of water. Mix until combined and remove from the heat.

2. FANCY TATERS Lightly grease a small roasting dish and layer the sweet potato rounds in the tray. Pour over the garlic-coconut mixture and season. Alternatively, create small stacks with the sliced potatoes. Place in the hot oven and roast for 35-40 minutes until cooked through and golden. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

3. CRISPY CARROTS Spread out the carrot wedges on a separate roasting tray. Coat in oil, the remaining thyme, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

4. EN GARDE! When the potato roast has 10-15 minutes remaining, pat the swordfish fillet dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip and add a knob of butter (optional) and the lemon juice. Fry for a further 3-4 minutes until cooked through and crispy. (If your particular fillet is thicker than 2cm, fry for an extra minute per side.)

5. SENSATIONAL SIDE When the carrots are done, scatter the crumbled feta and the crispy onion bits over the tray. Toss until combined.

6. BON APPÉTIT Plate up the coconut potatoes dauphinois (leaving behind any excess sauce). Side with the lemony swordfish and the carrot feta salad. Good job, Chef!



Chef's Tip

Sweet potatoes brown quickly when exposed to air. To prevent this while preparing your potatoes, place them in water as you go. If you have a mandolin, use it to slice up your potatoes for the dauphinois.

Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	5.9g
Carbs	9g
of which sugars	3.3g
Fibre	1.4g
Fat	5g
of which saturated	3g
Sodium	90mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 2
Days