

UCOOK

Sage Butter Fried Fish

with charred broccoli, kale & grated Italian-style cheese

Pan-fried swordfish with a classic sage butter sauce is served on a bed of earthy kale topped with cheesy charred broccoli & crunchy onion. Sprinkled with pops of nutty toasted sunflower seeds and lemon juice. Simply delicious!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

30g	Sunflower Seeds
450g	Broccoli Florets <i>cut into small pieces</i>
2	Onions <i>1½ peeled & cut into wedges</i>
2	Garlic Cloves <i>peeled & grated</i>
45ml	Grated Italian-style Hard Cheese
150g	Kale <i>rinsed & roughly shredded</i>
3	Swordfish Fillets
12g	Fresh Sage <i>rinsed, picked & dried</i>
30ml	Lemon Juice

From Your Kitchen

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

1. SUNNY SEEDS Place the sunflower seeds in a pan, large enough for the broccoli, over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

2. CHARRED MEDLEY Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the broccoli pieces and the onion wedges and fry for 7-8 minutes until lightly charred, shifting occasionally. In the final 1-2 minutes, add the grated garlic, shifting constantly. Remove from the pan and place in a bowl. Add the grated cheese and seasoning. Toss until combined and cover to keep warm.

3. A SIMPLE SAUTÉE Return the pan to a medium-high heat with a drizzle of oil. When hot, add the shredded kale and sauté for 4-5 minutes until slightly wilted, shifting occasionally. Season and remove from the pan.

4. FLIP FLIP HOORAY! Return the pan, wiped down, to a medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel and season. When the pan is hot, fry the swordfish on one side for 3-4 minutes until crispy and golden. Flip and add a generous knob of butter and the dried sage leaves. Fry for a further 1-2 minutes until the swordfish is cooked through. Remove from the heat and add ½ the lemon juice and season to taste.

5. DELISH DINNER Make a bed of the wilted kale. Top with the loaded broccoli medley, the swordfish and the crispy sage leaves. Drizzle over the sage & lemon pan juices (to taste) and the remaining lemon juice. Sprinkle over the toasted sunflower seeds. Good job, Chef!

Nutritional Information

Per 100g

Energy	398kJ
Energy	95kcal
Protein	9.2g
Carbs	5g
of which sugars	1.5g
Fibre	2.3g
Fat	4.1g
of which saturated	1g
Sodium	51mg

Allergens

Egg, Dairy, Allium, Fish

Cook
within 1
Day