



# UCOOK

## Waterford's Mediterranean Swordfish

**with roast sweet potato, green pepper & olives**

This quick grilled swordfish recipe takes on a delicious Mediterranean twist thanks to a smokey rub and tapenade-style salsa of diced tomato & olives. Sided with roasted veggies and garnished with crumbled & creamy feta, it's the feel-good hit of the summer!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Waterford Estate

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 Carb Conscious

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

500g	Sweet Potato <i>rinsed &amp; cut into bite-sized pieces</i>
1	Onion <i>peeled &amp; cut into wedges</i>
1	Green Bell Pepper <i>trimmed, deseeded &amp; cut into strips</i>
30g	Pitted Green Olives <i>drained</i>
1	Tomato
50g	Danish-style Feta
8g	Fresh Oregano
20ml	Lemon Juice
2	Swordfish Fillets
10ml	Paprika

## From Your Kitchen

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

**1. SWEET POTTS** Preheat the oven to 200°C. Spread out the sweet potato pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. In a bowl, coat the pepper slices in a drizzle of oil and seasoning. Set aside.

**2. PREP STEP** While the veg are roasting, roughly chop the drained olives. Roughly dice the tomato. Rinse, pick and roughly chop the oregano. Drain the feta.

**3. TAPENADE-STYLE SALSA** In a bowl, combine the diced tomato, the chopped olives, ½ the chopped oregano, ½ the lemon juice, a drizzle of oil, and seasoning.

**4. A PEP IN YOUR STEP** When the roast has 10 minutes remaining, scatter the dressed green pepper slices over the tray and roast for the remaining time.

**5. SMOKY FISH** Pat the swordfish fillets dry with paper towel. Coat in the paprika, a drizzle of oil, and seasoning. Place a pan over 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). Fry for 3-4 minutes or until cooked through.

**6. WELCOME TO CLUB MED** Serve up the roasted veg. Side with the swordfish drizzled with the remaining lemon juice and topped with the tapenade-style salsa. Crumble over the drained feta. Garnish with the remaining chopped oregano. There you have it, Chef!

## Nutritional Information

Per 100g

Energy	336kJ
Energy	80kcal
Protein	5.3g
Carbs	8g
of which sugars	3.2g
Fibre	1.7g
Fat	2.6g
of which saturated	0.9g
Sodium	100mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 1  
Day