



# UCCOOK

## Swordfish & Charred Green Beans

with lemon & parsley

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Samantha du Toit

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 199kj    | 1120kj      |
| Energy             | 48kcal   | 268kcal     |
| Protein            | 1.7g     | 9.7g        |
| Carbs              | 9g       | 48g         |
| of which sugars    | 3g       | 16g         |
| Fibre              | 2g       | 14g         |
| Fat                | 1.1g     | 6g          |
| of which saturated | 0.1g     | 0.6g        |
| Sodium             | 91mg     | 509mg       |

**Allergens:** Sulphites, Fish, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                       |
|----------|------------|-------------------------------------------------------|
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>       |
| 30g      | 40g        | Sunflower Seeds                                       |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>      |
| 2        | 2          | Lemons<br><i>rinse &amp; cut into wedges</i>          |
| 90ml     | 125ml      | Apple Cider Vinegar                                   |
| 60g      | 80g        | Capers<br><i>drain &amp; finely chop</i>              |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>              |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i> |
| 300g     | 400g       | Green Beans<br><i>rinse, trim &amp; halve</i>         |
| 3        | 4          | Swordfish Fillets                                     |

## From Your Kitchen

Cooking Spray (or oil of your choice)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey (optional)  
Paper Towel

1. **LET'S COOK!** In a bowl, combine the onion, the vinegar, a sweetener (to taste) (optional), and seasoning. Set aside.

2. **SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **SALAD & RELISH** In a bowl, add the salad leaves. Dress with a squeeze of lemon juice and top with the toasted seeds. Set aside. To the bowl with the pickling onions, add the capers, garlic (to taste), ½ the parsley, and seasoning. Set aside.

4. **GREEN BEANS** Return the pan over medium-high heat. When hot, add the green beans and lightly coat with cooking spray or oil (optional). Fry until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. **FAB FISH** Place a pan over medium heat. Pat the swordfish dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.

6. **SEAFOOD SENSATION** Plate up the swordfish and garnish with the remaining parsley and a squeeze of lemon juice. Side with the charred green beans. Spoon the onion and caper relish over the swordfish. Side with the dressed salad and any remaining lemon wedges.