



# UCCOOK

## Swordfish & Greek Chickpea Salad

with couscous

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 405kj    | 1998kj      |
| Energy             | 97kcal   | 478kcal     |
| Protein            | 8.6g     | 42.6g       |
| Carbs              | 8g       | 38g         |
| of which sugars    | 2g       | 8g          |
| Fibre              | 2g       | 8g          |
| Fat                | 2.6g     | 12.9g       |
| of which saturated | 0.6g     | 3g          |
| Sodium             | 61.8mg   | 305mg       |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Fish

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                    |
|----------|------------|----------------------------------------------------------------------------------------------------|
| 30ml     | 60ml       | Couscous                                                                                           |
| 60g      | 120g       | Chickpeas<br><i>drain &amp; rinse</i>                                                              |
| 1        | 2          | Line-caught Swordfish<br>Fillet/s                                                                  |
| 2,5ml    | 5ml        | NOMU Seafood Rub                                                                                   |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; roughly dice</i>                                                        |
| 1        | 2          | Tomato/es<br><i>rinse &amp; roughly dice</i>                                                       |
| 3g       | 5g         | Fresh Mint<br><i>rinse &amp; roughly tear</i>                                                      |
| 30ml     | 60ml       | Lemony Yoghurt<br><i>(10ml [20ml] Lemon Juice &amp;<br/>20ml [40ml] Low Fat Plain<br/>Yoghurt)</i> |

## From Your Kitchen

Seasoning (salt & pepper)

Paper Towel

Water

Cooking Spray

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 50ml [100ml] of boiling water and a pinch of salt. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat. Lightly spray with cooking spray and season. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan.

**3. FISH** Return the pan to medium-high heat. Pat the swordfish dry with paper towel, coat with the NOMU rub, seasoning and lightly spray with cooking spray. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet).

**4. JUST BEFORE SERVING** In a bowl with the couscous, add the cucumber, the tomato, the mint, the chickpeas and seasoning.

**5. DINNER IS READY** Bowl up the loaded couscous salad, top with the fish and drizzle with the lemony yoghurt. Finish with a crack of black pepper and enjoy, Chef!