



UCOOK

Swordfish & Mixed Nut Salsa

with butternut wedges & fresh parsley

Flaky swordfish is served with a garlic, honey and parsley salsa loaded with almonds and pecan nuts. Served with a fresh radish salad and roasted butternut and onion wedges. This dish is fresh, fabulous, and full of flavour!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Boschendal | MCC Brut NV

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Ingredients & Prep

250g	Butternut <i>deseeded & cut into thick wedges</i>
1	Onion <i>½ peeled & cut into wedges</i>
20g	Salad Leaves
20g	Radish
4g	Fresh Parsley
30g	Mixed Nuts <i>(15g Pecan Nuts & 15g Almonds)</i>
1	Garlic Clove
1	Swordfish Fillet
15ml	Honey Vinegar <i>(10ml Rice Wine Vinegar & 5ml Honey)</i>
1	Lemon <i>½ zested & cut into wedges</i>

From Your Kitchen

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

1. WONDROUS WEDGES Preheat the oven to 200°C. Spread out the butternut and onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, shifting halfway.

2. LET'S PREP While the veg is roasting, rinse the salad leaves, the radish, and the parsley. Slice the rinsed radish into rounds. Pick and roughly chop the rinsed parsley. Roughly chop the mixed nuts. Peel and grate the garlic.

3. FLAKY FISH When the veg has 10 minutes remaining, pat the swordfish fillet dry with paper towel. Place a pan over a 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 a further 3-4 minutes until cooked through and crispy. Remove from the pan on completion and cover to keep warm.

4. NUTTY SALSA Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the grated garlic and the chopped nuts, and fry for 1-2 minutes until the garlic is fragrant and the nuts have browned. Remove from the heat and add ½ the chopped parsley, the honey-vinegar, and the lemon zest. Mix until fully combined.

5. SALAD TIME In a salad bowl, combine the rinsed salad leaves, the radish rounds, a squeeze of lemon juice, seasoning, and a drizzle of oil.

6. SWORDFISH & SALSA Plate up the roasted veg and the radish salad. Side with the flaky swordfish topped with the mixed nut salsa. Sprinkle over the remaining parsley and serve with a lemon wedge. Yum, Chef!

Nutritional Information

Per 100g

Energy	440kJ
Energy	105Kcal
Protein	6.5g
Carbs	8g
of which sugars	2.8g
Fibre	1.9g
Fat	4.7g
of which saturated	0.6g
Sodium	25mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day