



U COOK

— COOKING MADE EASY

SWORDFISH & SALSA VERDE

with roast new potatoes & blistered baby tomatoes

Make a tantalising salsa verde of fresh parsley, garlic, chilli, and lemon. Splash it over piping hot potatoes and tomatoes, blanched green beans, and swordfish steak. Enjoy clean, green eating at its freshest and finest.

Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Lauren Todd

 **Health Nut**

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Ingredients & Prep

1kg	Baby Potatoes <i>rinsed & halved</i>
20g	Fresh Parsley <i>rinsed & roughly chopped</i>
3	Garlic Clove <i>peeled & grated</i>
30ml	Dijon Mustard
60ml	Red Wine Vinegar
2	Lemons <i>zested & cut into wedges</i>
2	Chilli <i>deseeded & finely chopped</i>
400g	Baby Tomatoes <i>rinsed & halved</i>
320g	Green Beans <i>rinsed, trimmed & halved</i>
2	Swordfish Fillet
40ml	Nomu Seafood Rub

From Your Kitchen

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

1. BABY POTATO ROAST Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 35-40 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. WHIP UP THE SALSA VERDE Place the chopped parsley, dijon mustard, red wine vinegar, and grated garlic in a bowl. Stir in some lemon zest, lemon juice, and chopped chilli to taste. Add 2 tbsp of olive oil and mix until well combined. If the salsa verde still isn't a drizzling consistency, gradually add more olive oil. Season to taste and set aside until serving.

3. BLISTERED TOMATOES Place a large, nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the halved baby tomatoes for 4-5 minutes until softened and blistered. Season to taste, remove from the pan on completion, and place in a bowl. Cover to keep warm and set aside until serving.

4. BLANCH THE BEANS Wipe down the pan. Return it to a medium-high heat with another drizzle of oil and a splash of water. When the water starts to bubble, simmer the halved green beans for 6-7 minutes until cooked through but still al dente. Remove from the pan on completion, place in a bowl, and season to taste. Cover to keep warm and set aside until serving.

5. PAN-FRIED SWORDFISH Pat the swordfish fillets dry with some paper towel. To make 4 portions of fish, cut each fillet in half along the bloodline. Coat in the Seafood Rub to taste. Wipe down the pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the fish on one side for 2-3 minutes until that side is golden. Flip and add a knob of butter (optional). Fry for another 2-3 minutes until crispy and cooked through. You may need to do this step in batches. Remove the pan from the heat on completion.

6. DINNER TIME Dish up the golden baby potatoes and the blistered tomatoes with a side of blanched green beans. Top with the perfect, flakey swordfish and drizzle the zesty, homemade salsa verde over it. Serve with a lemon wedge on the side. Fresh and delicious!



Chef's Tip

Swordfish is high in protein as well as selenium. Selenium is vital for normal immune system function and cell protection from damage caused by free radicals.

Nutritional Information

Per 100g

Energy	320kJ
Energy	77Kcal
Protein	5.8g
Carbs	5g
of which sugars	1.7g
Fibre	1.7g
Fat	1.8g
of which saturated	0.4g
Sodium	165mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day