



UCCOOK

Herby Swordfish & Roasted Carrots

with pickled onions & cucumber

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	364kj	1975kj
Energy	87kcal	472kcal
Protein	6.4g	34.7g
Carbs	6g	34g
of which sugars	3.1g	17g
Fibre	1.5g	8g
Fat	4g	21.8g
of which saturated	0.7g	3.8g
Sodium	141mg	764mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
150ml	200ml	Creamy Mayo <i>(60ml [80ml] Mayo & 90ml [120ml] Low Fat Plain Yoghurt)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
450g	600g	Line-caught Swordfish Fillet
15ml	20ml	NOMU Cajun Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MMMAYO To a bowl, add the creamy mayo. Loosen with water in 5ml increments until drizzling consistency, season and set aside.

3. SIDE SALAD In a salad bowl, combine the salad leaves, the onion, the cucumber, and the carrot. Season and set aside.

4. YUMMY SWORDFISH Place a pan over medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side. In the final minute, baste with a knob of butter, and the NOMU rub. Remove from the pan and season.

5. SO SATISFYING Plate up the fried fish. Side with the roasted carrot salad. Drizzle with the mayo. Enjoy!