



UCCOOK

Steamed Swordfish Parcel

with crispy potatoes

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	388kj	2051kj
Energy	93kcal	491kcal
Protein	7.8g	41g
Carbs	10.1g	53.5g
of which sugars	1.6g	8.3g
Fibre	1.8g	9.5g
Fat	2.3g	12.1g
of which saturated	0.6g	3.1g
Sodium	111mg	587mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into bite-sized chunks</i>
2	2	Onions <i>peel & cut 1½ [2] into rounds</i>
3	4	Line-caught Swordfish Fillets
22,5ml	30ml	NOMU Seafood Rub
8g	10g	Fresh Dill <i>rinse, pick & finely chop</i>
120g	160g	Peas
90ml	120ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray

Baking Paper (optional)

Tinfoil (optional)

1. ROAST THE POTATO Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ONION RINGS Place a pan over medium heat. When hot, add the onion and lightly coat with cooking spray. Char the onion, keeping the rounds intact, 5-6 minutes a side. Remove the pan from the heat.

3. SEAFOOD PARCEL Place a sheet of baking paper (or tinfoil) on a roasting tray. Make a layer of the onion rings in the centre of the baking paper. Place the fish on top of the onion and coat in the NOMU rub and ½ the dill. Bring the two long sides of the paper together above the fish and fold them down several times to seal the parcel, stopping just above the fish. Tuck the short ends underneath the parcel to close completely. Place in the oven and cook for 10-12 minutes.

4. DILL-ICIOUS YOGHURT DRESSING Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a bowl, combine the yoghurt, ½ the lemon juice and the remaining dill. Separate the yoghurt into two parts, mixing the peas through one half. Season and set aside.

5. SO SO-FISH-TICATED Gently open the parcel and transfer the soft onions and flaky fish to a plate. Drizzle the remaining lemon juice over the fish and dollop over the pea-yoghurt mix. Side with the crispy potatoes, serving the remaining yoghurt on the side for dipping.