



Eat Within 1 Day

UCCOOK

Tomato-caper Swordfish

with potato mash & pickled onion

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Morgan Otten

Nutritional Info	Per 100g	Per Portion
Energy	354kj	1902kj
Energy	85kcal	455kcal
Protein	7.1g	38g
Carbs	9g	50g
of which sugars	2g	10g
Fibre	2g	8g
Fat	2.1g	11.1g
of which saturated	0.5g	2.7g
Sodium	141.5mg	760.9mg

Allergens: Allium, Sulphites, Fish

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
15ml	20ml	NOMU Italian Rub
30ml	40ml	Red Wine Vinegar
15g	20g	Capers <i>drain & roughly chop</i>
150g	200g	Cooked Chopped Tomato
3	4	Line-caught Swordfish Fillets
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. MAKE THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Mash with a fork, season, and cover.

2. START THE SAUCE Place a pan over medium-high heat and lightly add cooking spray. When hot, fry the diced onion until soft and browned, 5-6 minutes (shifting occasionally). Add the NOMU rub, ½ the vinegar, and the capers. Fry until fragrant, 1-2 minutes (shifting constantly).

3. ADD THE TOMATO Add the cooked chopped tomato and 150ml [200ml] of water. Simmer until thickened, 5-7 minutes. Add a splash of water if it's too thick. Remove from the heat and season.

4. FRY THE FISH Place a pan over medium-high heat and lightly add cooking spray. Pat the swordfish dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan and season.

5. SIDE SALAD In a salad bowl, dress the salad leaves and pickled onion with the remaining vinegar and seasoning. Set aside.

6. DIVE INTO DINNER Plate up the tomato sauce and the fish. Side with the potato mash and the dressed salad. Delish, Chef!