



UCCOOK

Herb-crusted Swordfish

with butternut chips

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	467kJ	2078kJ
Energy	112kcal	497kcal
Protein	8.3g	36.8g
Carbs	8g	36g
of which sugars	2g	8g
Fibre	2g	7g
Fat	4.7g	21g
of which saturated	1.7g	7.6g
Sodium	660mg	2936mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chips
15ml	30ml	Panko Breadcrumbs
5ml	10ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Dill <i>rinse & finely chop</i>
5ml	10ml	Greek Seasoning
15ml	30ml	Dijon Mustard
1	1	Garlic Clove <i>peel & grate</i>
125g	250g	Line-caught Swordfish Fillet/s
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Artichoke Quarters <i>drain & halve</i>
30g	60g	Danish-style Feta <i>drain</i>
10ml	20ml	White Balsamic Vinegar

From Your Kitchen

Cooking Spray (or oil of your choice)
Water
Paper Towel
Seasoning (salt & pepper)

1. BEGIN THE CHIPS Preheat the oven to 200°C. Coat the butternut chips in cooking spray (or an oil of your choice) and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

2. PREP STEP In a bowl, combine the panko with the grated hard cheese, ½ of the dill, the Greek seasoning and some black pepper. In another small bowl, combine the mustard and garlic.

3. HERB-CRUSTED FISH Pat the fish dry with paper towel and coat the fish in the mustard mixture. Gently coat the fish in the herb-panko mixture and place on a greased baking tray. When the butternut has 10-15 minutes remaining, place the fish in the oven and roast until cooked through and golden. In the final 5-6 minutes, turn the oven onto the grill setting so the panko crumb can turn golden.

4. SALAD & SERVE Plate up the salad leaves, topped with the artichokes, feta and white balsamic vinegar. Side with the golden fish and finish your plate off with the roasted butternut chips and dig in, Chef!

Chef's Tip As our fish is sustainably line-caught, fillet sizes can naturally vary. If your fillet is thin (about 1–2cm thick), cook for 10–12 minutes. If it is thicker than 2cm, cook for 12–15 minutes.