



UCCOOK

Herb-crusted Swordfish

with butternut chips

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 3 & 4

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 3	[Serves 4]	
600g	800g	Butternut Chips
45ml	60ml	Panko Breadcrumbs
15ml	20ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Dill <i>rinse & finely chop</i>
15ml	20ml	Greek Seasoning
45ml	60ml	Dijon Mustard
2	2	Garlic Cloves
375g	500g	Line-caught Swordfish Fillets
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Artichoke Quarters <i>drain & halve</i>
90g	120g	Danish-style Feta <i>drain</i>
30ml	40ml	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, 25-30 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.