



UCOOK

Asian-style Fish & Chips

with roasted sweet potato wedges & a creamy zingy slaw

It's fish and chips but elevated with amazing Asian flavours. Sided with roasted oriental-spiced sweet potatoes and a refreshing green cucumber and cabbage slaw, the swordfish fillet is a delight on the plate with its savoury soy flavours and undercurrent of Asian marinade.


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into thin wedges</i>
7,5ml	NOMU Oriental Rub
1	Swordfish Fillet
20ml	Asian Marinade <i>(10ml Rice Wine Vinegar & 10ml Low Sodium Soy Sauce)</i>
10g	Fresh Ginger <i>peeled & grated</i>
100g	Cabbage <i>finely sliced</i>
50g	Cucumber <i>sliced into matchsticks</i>
30ml	Kewpie Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. COAT & CRISP UP Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, ½ the rub, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SWORDFISH AFICIONADO Pat the swordfish dry with paper towel. In a bowl, combine the Asian marinade, the grated ginger, the remaining rub, 10ml of oil, and a sweetener of choice. Add the swordfish and toss until coated. Set aside to marinate for at least 10 minutes.

3. AN ASIAN TWIST In a bowl, combine the sliced cabbage, the cucumber matchsticks, the mayo, a sweetener of choice (optional), and seasoning.

4. FRY THE FISH When the sweet potato has 10 minutes remaining, place a pan over medium heat with a drizzle of oil. When hot, remove the swordfish from the marinade (reserving it in the bowl) and add to the pan, skin-side down. Fry for 3-5 minutes until the skin is crispy and golden. Flip, and cook for 2-3 minutes on the other side until cooked through. In the final minute, baste the swordfish with the reserved marinade. Remove from the pan and season.

5. FLAKY PERFECTION ON A PLATE! Plate up the Asian marinated swordfish. Side with the creamy slaw and the roasted sweet potato wedges. Well done, Chef!

Nutritional Information

Per 100g

Energy	477kJ
Energy	114kcal
Protein	5.9g
Carbs	8g
of which sugars	3.2g
Fibre	1.4g
Fat	2.4g
of which saturated	0.5g
Sodium	163mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day