



# UCOOK

## Caper-garlic Swordfish

**with roasted beetroot, Danish-style feta  
& fresh mint**

A twist on a French classic! A perfect piece of swordfish is served with rustic roasted beetroot and a sumptuous salad. All brought together with a lush garlic & caper sauce. Luxury on a plate!

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Ella Nasser

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Carb Conscious

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 Bertha Wines | Bertha Semillon 2022

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## Ingredients & Prep

400g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
30g	Capers <i>drain &amp; roughly chop</i>
30ml	Crème Fraîche
40g	Salad Leaves <i>rinse</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>
60g	Danish-style Feta <i>drain &amp; crumble</i>
5g	Fresh Mint <i>rinse &amp; pick</i>
2	Line-caught Swordfish Fillets

## From Your Kitchen

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

**1. UNBEETABLE ROAST** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. GARLIC & CAPER SAUCE** Boil the kettle. Return the pan, wiped down, to medium heat with a knob of butter. When melted, add the grated garlic, and the chopped capers. Fry until fragrant, about 1-2 minutes (shifting constantly). Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

**3. SALAD TOSS UP** In a bowl, combine the rinsed salad leaves, the cucumber half-moons, the crumbled feta, ½ the picked mint, a drizzle of olive oil, and seasoning.

**4. EN GARDE!** Place a pan over medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

**5. SWORDFISH IS SERVED!** Plate up the swordfish and drizzle over the garlic & caper sauce. Side with the fresh salad and the roasted beetroot. Garnish with the remaining mint. Perfection, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	415kJ
Energy	99kcal
Protein	8.2g
Carbs	4g
of which sugars	0.9g
Fibre	1.2g
Fat	5.1g
of which saturated	2.4g
Sodium	203mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat  
Within  
1 Day