



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!

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Ella Nasser

Carb Conscious

 Bertha Wines | Bertha Semillon 2022

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Ingredients & Prep

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