

# UCCOOK

## Japanese Swordfish & Roasted Butternut

with a pickled onion & cucumber salad

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Jenna Peoples

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 332kj    | 1846kj      |
| Energy             | 80kcal   | 442kcal     |
| Protein            | 5.9g     | 32.6g       |
| Carbs              | 9g       | 48g         |
| of which sugars    | 4g       | 22g         |
| Fibre              | 1g       | 7g          |
| Fat                | 1.8g     | 9.8g        |
| of which saturated | 0.4g     | 2.2g        |
| Sodium             | 321mg    | 1780mg      |

**Allergens:** Sulphites, Fish, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                   |
|----------|------------|-----------------------------------------------------------------------------------|
| 250g     | 500g       | Butternut Chunks<br><i>cut into bite-sized chunks</i>                             |
| 7.5ml    | 15ml       | NOMU One For All Rub                                                              |
| 1        | 1          | Onion<br><i>peel &amp; finely slice ¼ [½]</i>                                     |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into rounds</i>                                    |
| 30ml     | 60ml       | Pickling Liquid<br><i>7.5ml [15ml] Honey &amp; 22.5ml [45ml] Red Wine Vinegar</i> |
| 125g     | 250g       | Line-caught Swordfish Fillet                                                      |
| 30ml     | 60ml       | Teriyaki Sauce                                                                    |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                  |
| 7.5ml    | 15ml       | Spicy Sesames<br><i>5ml [10ml] Chilli Flakes &amp; 15ml [30ml] Sesame Seeds</i>   |

## From Your Kitchen

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

1. **OM NOM NOMU VEG** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional) and the NOMU Rub. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **QUICK PICKLE** In a bowl, combine the onion, cucumber and pickling liquid. Add a splash of water and set aside to pickle.

3. **TASTY TERIYAKI FISH** Place a pan over medium heat. Pat the fish dry with paper towel and coat in cooking spray (or an oil of your choice). When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). In the final minute, baste with the teriyaki sauce and remove the pan from the heat.

4. **SPICY SEAFOOD** Plate up the salad leaves, topping with the pickled onion and cucumber. Drizzle a bit of the pickling liquid over the salad as a dressing. Side with the roasted butternut and teriyaki fish. Garnish the fish with the spicy sesames. Just like that, supper is ready!