



UCCOOK

Swordfish & Greek Chickpea Salad

with couscous

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	405kj	1998kj
Energy	97kcal	478kcal
Protein	8.6g	42.6g
Carbs	8g	38g
of which sugars	2g	8g
Fibre	2g	8g
Fat	2.6g	12.9g
of which saturated	0.6g	3g
Sodium	61.8mg	305mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Fish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Couscous
180g	240g	Chickpeas <i>drain & rinse</i>
3	4	Line-caught Swordfish Fillets
7,5ml	10ml	NOMU Seafood Rub
300g	400g	Cucumber <i>rinse & roughly dice</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Mint <i>rinse & roughly tear</i>
90ml	120ml	Lemony Yoghurt <i>(30ml [40ml] Lemon Juice & 60ml [80ml] Low Fat Plain Yoghurt)</i>

From Your Kitchen

Seasoning (salt & pepper)

Paper Towel

Water

Cooking Spray

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water and a pinch of salt. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat. Lightly spray with cooking spray and season. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan.

3. FISH Return the pan to medium-high heat. Pat the swordfish dry with paper towel, coat with the NOMU rub, seasoning and lightly spray with cooking spray. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet).

4. JUST BEFORE SERVING In a bowl with the couscous, add the cucumber, the tomato, the mint, the chickpeas and seasoning.

5. DINNER IS READY Bowl up the loaded couscous salad, top with the fish and drizzle with the lemony yoghurt. Finish with a crack of black pepper and enjoy, Chef!