



UCOOK

Swordfish & Citrus Rice

with a toasted almond & sun-dried tomato salad

Having swordfish for dinner is an event to be savoured. That means ensuring the starch and sides are on point. Luckily, we've done the work for you, Chef! Simply follow the recipe, and soon you will be diving into a loaded lemony risotto rice, a feta, sun-dried tomato & almond salad, and a golden-fried, perfectly spiced swordfish fillet.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

 Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

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Ingredients & Prep

10g	Almonds <i>roughly chop</i>
75ml	Risotto Rice
5ml	NOMU Italian Rub
15ml	Lemon Juice
30ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
25g	Sun-dried Tomatoes <i>roughly chop</i>
1	Line-caught Swordfish Fillet
15ml	Fish Spice <i>(2,5ml Cayenne Pepper & 12,5ml Spice & All Things Nice Cape Bay Seasoning)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Butter (optional)

1. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GOTTO HAVE RISOTTO Return the pan to medium-high heat with the risotto rice and 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until cooked through, 15-20 minutes. Remove from the heat and drain, reserving 1 cup of starchy water. Return to the pot and fluff with a fork. Cover and set aside.

3. MAKE IT CHEESY Place 1 egg in a bowl and combine with the NOMU rub, the lemon juice (to taste) and seasoning. Stir in 1-2 tbsp of the warm starchy water to temper the egg, then mix through the rice. Add in ½ the grated cheese, a knob of butter (optional) and more starchy water, if needed. Season, cover and set aside.

4. NUTTY SALAD Place the rinsed leaves in a bowl and toss with the drained feta, ½ the toasted nuts, the chopped tomatoes, a drizzle of olive oil and seasoning.

5. SUPERTASTY SWORDFISH 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 and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). In the final minute, baste with a knob of butter and the fish spice. Remove from the pan and season.

6. DELICATE & DECADENT DINNER Make a bed of the rich citrus rice and top with the golden swordfish. Drizzle with any remaining pan juices. Serve the dressed salad on the side and garnish with the remaining toasted nuts.

Nutritional Information

Per 100g

Energy	947kJ
Energy	227kcal
Protein	14.6g
Carbs	20g
of which sugars	3g
Fibre	2.9g
Fat	9.9g
of which saturated	3.2g
Sodium	513mg

Allergens

Egg, Allium, Sulphites, Fish, Tree Nuts, Cow's Milk

Eat
Within
1 Day