

UCCOOK

Soy-baked Potato & Flaked Swordfish

with creamy sriracha mayo & chives

Hands-on Time: 30 minutes

Overall Time: 50 minutes

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

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 468kJ | 2053kJ |
| Energy | 112kcal | 91kcal |
| Protein | 9.4g | 41.1g |
| Carbs | 10g | 42g |
| of which sugars | 1g | 6g |
| Fibre | 2g | 7g |
| Fat | 4.2g | 18.3g |
| of which saturated | 0.8g | 3.6g |
| Sodium | 220.3mg | 966.2mg |

Allergens: Cow's Milk, Allium, Sesame, Sulphites, Fish, Soy

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|--------|-------|---|
| 600g | 800g | Potato <i>rinse</i> |
| 22,5ml | 30ml | Tamari Sauce |
| 3 | 4 | Swordfish Fillets |
| 15ml | 20ml | NOMU Oriental Rub |
| 150ml | 200ml | Srirach Mayo <i>(37,5ml [50ml] Mayo, 90ml [120ml] Low Fat Cottage Cheese & 22,5ml [30ml] Sriracha Sauce)</i> |
| 60g | 80g | Green Leaves <i>rinse & finely shred</i> |
| 8g | 10g | Fresh Chives <i>rinse & finely slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. SOY-BAKED POTATO** Preheat the oven to 220°C. Cut the potatoes in half lengthways and place on the tray — don't remove the skin! Coat in oil, the tamari sauce, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)
- 2. FISH** When the roast has 10-15 minutes to go, 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 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.
- 3. SOME PREP** Using two forks, gently shred the swordfish and add to a bowl. Mix in the sriracha mayo, the green leaves, and ½ of the chives. Mix until combined and season.
- 4. DINNER IS READY** Dish the potatoes cut side up, top with the creamy sriracha fish mixture, and garnish with the remaining chives. Well done, Chef!