



UCCOOK

Caper-garlic Swordfish

with roasted beetroot, Danish-style feta & fresh mint

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	319kj	1092kj
Energy	76kcal	261kcal
Protein	3.1g	10.8g
Carbs	5g	18g
of which sugars	1.2g	4.2g
Fibre	1.8g	6.1g
Fat	4.1g	13.9g
of which saturated	2.5g	8.5g
Sodium	260mg	887mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
2	2	Garlic Cloves <i>peel & grate</i>
45g	60g	Capers <i>drain & roughly chop</i>
45ml	60ml	Crème Fraîche
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Danish-style Feta <i>drain & crumble</i>
8g	10g	Fresh Mint <i>rinse & pick</i>
3	4	Line-caught Swordfish Fillets

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey (optional)

Paper Towel

Butter

1. UNBEETABLE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 30-35 minutes (shifting halfway).

2. GARLIC & CAPER SAUCE Boil the kettle. Place a pan over medium heat with a knob of butter. When melted, add the garlic and the 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 salad leaves, the cucumber, the feta, ½ the mint, a drizzle of olive oil, and seasoning.

4. EN GARDE! Place a clean pan over medium heat (with a drizzle of oil if necessary). Pat the swordfish dry with paper towel. Fry the fish until golden, 3-4 minutes per side. Remove from the pan and season.

5. SWORDFISH IS SERVED! Plate up the swordfish and drizzle over the garlic and caper sauce. Side with the fresh salad and the roasted beetroot. Garnish with the remaining mint. Perfection, Chef!