



UCCOOK

Jamaican-style Swordfish

with a pineapple & fresh chilli relish

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	342kJ	2370kJ
Energy	82kcal	567kcal
Protein	5.6g	39.1g
Carbs	10g	70g
of which sugars	3.4g	23.9g
Fibre	1.3g	9.3g
Fat	1.6g	11.2g
of which saturated	0.4g	2.6g
Sodium	30mg	209mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut into wedges</i>
15g	20ml	Old Stone Mill Jerk Seasoning
180g	240g	Tinned Pineapple Pieces <i>drain & roughly chop</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely chop</i>
45ml	60ml	Lemon Juice
2	2	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
90ml	125ml	Cake Flour
3	4	Line-caught Swordfish Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (Salt & Pepper)

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Coat in oil and the jerk seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. LET'S SALSA To a bowl, add the pineapple, spring onion (to taste), coriander, chilli (to taste), and ½ the lemon juice (to taste). Toss to combine, season, and set aside in the fridge.

3. ZESTY OIL In a small bowl, combine the remaining lemon juice, the garlic, ½ the parsley, and a drizzle of oil. Set aside.

4. CRISPY FISH Place a pan over medium-high heat with a drizzle of oil. In a shallow dish, season the flour. Pat the swordfish dry with paper towel, and coat in the seasoned flour. 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 garlic & parsley mixture. Remove from the pan, reserving the herby garlic butter, and season.

5. A TASTE OF THE CARIBBEAN Serve the roasted butternut and onion alongside the crispy fish. Drizzle the reserved herby butter over the fish and serve the pineapple and fresh chilli relish on the side. Garnish with the remaining parsley.