



# UCOOK

## Romesco-style Sweet Potato & Swordfish

with a butter & almond sauce

Romesco sauce was created by Spanish fishermen to be eaten with fish. But as usual, we're switching it up and pairing it with vibrant sweet potato instead. Don't worry - the dish still features a fried swordfish fillet with a drizzle of nutty-almond butter sauce. Served with an artichoke & sweet vinaigrette salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Neil Ellis Wines | Neil Ellis Wild Flower Rosé

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## Ingredients & Prep

500g	Sweet Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
60g	Almonds
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
60g	Piquanté Peppers <i>drain</i>
1	Garlic Clove <i>peel &amp; grate</i>
5ml	Smoked Paprika
20ml	Lemon Juice
2	Swordfish Fillets
10ml	NOMU Seafood Rub
20ml	Raspberry Vinegar
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
40g	Artichoke Quarters <i>drain &amp; roughly slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Blender  
Butter  
Sugar/Sweetener/Honey

**1. SWEET (S)POT** Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain, return to the pot and set aside.

**2. TOASTIN'** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set  $\frac{3}{4}$  of the nuts aside for Step 4. Roughly chop the remaining  $\frac{1}{4}$  for Step 3.

**3. LIQUID GOLD** Return the pan to medium heat with a drizzle of oil and 20g of butter. Melt the butter until lightly browned, 3-5 minutes. Remove from the pan and add the chopped almonds and  $\frac{1}{2}$  the chopped parsley. Set aside.

**4. RED ROMESCO** Return the pan to medium heat with a drizzle of oil. When hot, add the diced peppers and fry until beginning to char, 3-4 minutes (shifting occasionally). Add the grated garlic and the paprika. Fry until fragrant, 1-2 minutes (shifting constantly). Place in a blender along with the remaining almonds, the lemon juice (to taste), seasoning, and a generous drizzle of olive oil. Pulse until smooth. Loosen with a splash of water or oil, if necessary, until a drizzling consistency.

**5. FLIPPING GOOD FISH** Return the pan to 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 NOMU. Remove from the pan and season.

**6. OKEY-DOKEY ARTICHOKE** When the sweet potato is done, place in a bowl. Add the romesco sauce, the remaining parsley, and seasoning. Mix until combined. In a bowl, combine the vinegar, a sweetener (to taste) and a drizzle of olive oil. Add the rinsed salad leaves, the sliced artichokes, and seasoning.

**7. PLEASANT MOMENT** Plate up the romesco sweet potato. Side with the pan-fried swordfish and drizzle over the nutty butter sauce. Side with the artichoke salad. Brilliant, Chef!

## Nutritional Information

Per 100g

Energy	524kJ
Energy	125kcal
Protein	7.8g
Carbs	11g
of which sugars	4.2g
Fibre	2.1g
Fat	4.8g
of which saturated	0.7g
Sodium	127mg

## Allergens

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

Eat  
Within  
1 Day