



UCOOK

Swordfish & Zingy Lemon Sauce

with brown rice and a cucumber, olive & tomato salad

Dinner made easy with beautiful flaky swordfish, covered in a zingy lemon sauce! A pop of freshness comes through from diced tomatoes, crunchy cucumber and salty Kalamata olives. Quick, easy and divine!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Fat Bastard | Chardonnay

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Ingredients & Prep

300ml	Brown Rice
40g	Pitted Kalamata Olives <i>drained & halved</i>
2	Tomatoes <i>roughly diced</i>
80g	Danish-style Feta <i>drained & crumbled</i>
400g	Cucumber <i>roughly diced</i>
4	Swordfish Fillets
2	Garlic Cloves <i>peeled & grated</i>
10ml	Dijon Mustard
2	Lemons <i>cut into wedges</i>
80ml	Fresh Cream
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. READY THE RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. FRESH START In a bowl, combine the halved olives, diced tomato, crumbled feta, diced cucumber, a drizzle of oil, and seasoning.

3. FANCY FISH Pat the swordfish fillets dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip, and add a knob of butter. Fry for a further 3-4 minutes until cooked through and browned. (If your particular fillets are thicker than 2cm, fry for an extra 1 minute per side.) You may need to do this step in batches. Remove from the pan on completion. Season to taste.

4. RIGHT AT ITS SAUCE Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the Dijon mustard, a squeeze of lemon juice, and 80ml of water. Reduce the heat and leave to simmer for 2-3 minutes, until slightly reduced. Pour in the cream and leave to simmer for a further 1-2 minutes, until slightly reduced.

5. DINNER IS SERVED! Dish up a heaping helping of the nutty brown rice. Top with the perfectly cooked swordfish, spoon over the creamy sauce, and side with the fresh salad. Garnish with the chopped parsley and serve any remaining lemon wedges alongside. Delish, Chef!

Nutritional Information

Per 100g

Energy	501kJ
Energy	120Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.3g
Fibre	1.6g
Fat	4.8g
of which saturated	1.9g
Sodium	86mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day