



# UCOOK

## Terrific Tomato & Basil Swordfish

**with roasted butternut mash & flaked almonds**

Beautiful swordfish fillet is poached in a divine and vibrant sauce of garlic, white wine, baby tomatoes and fragrant basil. Served alongside a sweet and smooth butternut mash to soak up all the juicy flavours! This delectable dish is sided with fresh salad leaves.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Niel Joubert | Sauvignon Blanc

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## Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
80g	Baby Tomato Medley <i>halved</i>
1	Garlic Clove <i>peeled &amp; grated</i>
45ml	White Wine
5ml	Vegetable Stock
4g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>
1	Line-caught Swordfish Fillet <i>skin removed (see Chef's Tip)</i>
10g	Flaked Almonds
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Milk (optional)

**1. BEAUTIFUL BUTTERNUT** Preheat the oven to 200°C. Boil the kettle. Place the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. BRING YOUR SWORD** Place a pot over a medium heat with a drizzle of oil. When hot, add the halved baby tomatoes and fry for 3-4 minutes until softened and starting to blister, shifting occasionally. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Pour in the white wine and leave to simmer for 1-2 minutes until almost all evaporated. Add the stock, ½ the torn basil, seasoning, and 100ml of boiling water. Mix until fully combined. Gently lower the swordfish fillet into the mixture. Pop on the lid and leave to poach for 8-10 minutes, flipping the fish halfway. On completion, the fish should be cooked through.

**3. GET MASHING** When the butternut is done, place it in a bowl. Mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, and a knob of butter or a drizzle of oil. Season to taste.

**4. TOAST & TOSS** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. In a bowl, combine the rinsed salad leaves, ½ the toasted almonds, a drizzle of oil, and seasoning.

**5. EAT UP!** Plate up a big spoonful of the butternut mash and top with the delicious poached swordfish and tomato sauce. Sprinkle over the remaining basil and almonds. Side with the fresh salad. Stunning, Chef!



## Chef's Tip

Lightly drizzle boiling water onto the skin of the swordfish to 'firm' it up before removing it. This will make the process of peeling it off much easier!

## Nutritional Information

Per 100g

Energy	292kj
Energy	70Kcal
Protein	5.2g
Carbs	6g
of which sugars	1.2g
Fibre	1.4g
Fat	1.3g
of which saturated	0.1g
Sodium	100mg

## Allergens

Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook  
within 1  
Day