



UCOOK

Swordfish & Charred Green Beans

with lemon & parsley

Always serving tartar sauce with your fish can be a bit one-dimensional. We broaden your culinary world with a great alternative: a pickled onion, caper, garlic & parsley relish! Spoon this over the swordfish, and finish with a sunflower seed & greens salad. You won't have to fish for compliments with this one, Chef.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha du Toit

*New Calorie Conscious

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Ingredients & Prep

2	Onions <i>peel & finely slice</i>
125ml	Apple Cider Vinegar
40g	Sunflower Seeds
80g	Salad Leaves <i>rinse & roughly shred</i>
1	Lemon <i>rinse & cut into wedges</i>
80g	Capers <i>drain & finely chop</i>
4	Garlic Cloves <i>peel & grate</i>
10g	Fresh Parsley <i>rinse, pick & finely chop</i>
400g	Green Beans <i>rinse, trim & halve</i>
4	Swordfish Fillets

From Your Kitchen

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

1. LET'S COOK! In a bowl, combine the sliced onion, the vinegar, a sweetener (to taste), and seasoning. Set aside.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SALAD & RELISH In a bowl, add the shredded salad leaves. Dress with a squeeze of lemon juice and top with the toasted seeds. Set aside. To the bowl with the pickling onions, add the chopped capers, the grated garlic (to taste), ½ the parsley, and seasoning. Set aside.

4. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. FAB 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). Remove from the pan and season.

6. SEAFOOD SENSATION Plate up the swordfish and garnish with the remaining parsley and a squeeze of lemon juice. Side with the charred green beans. Spoon the onion & caper relish over the swordfish. Side with the dressed salad and any remaining lemon wedges.

Nutritional Information

Per 100g

Energy	286kJ
Energy	68kcal
Protein	5.6g
Carbs	7g
of which sugars	2g
Fibre	2g
Fat	2.3g
of which saturated	0.4g
Sodium	88.5mg

Allergens

Allium, Sulphites, Fish

Eat
Within
1 Day