



# UCOOK

## Grilled Swordfish & Artichoke Salad

with millet, fresh parsley & capers

Half-moon cucumbers, artichoke quarters, tangy capers, pops of green peas and mouth-watering millet combine to make the base for this refreshing fish salad. Crowned with a flaky, golden-fried swordfish. Raise your fork to a delicious dinner!

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Leopard's Leap | Culinaria Chenin Blanc

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## Ingredients & Prep

75ml	Millet
50g	Peas
50g	Artichoke Quarters
1	Garlic Clove
20g	Salad Leaves
4g	Fresh Parsley
50g	Cucumber
10g	Capers
1	Swordfish Fillet
1	Lemon
	<i>½ cut into wedges</i>

## From Your Kitchen

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

**1. READY IN A FEW MILLETS** Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. Drain if necessary and return to the pot. Toss through a drizzle of oil and the peas. Replace the lid and cover to keep warm until serving.

**2. SET THE SALAD SCENE** While the millet is simmering, drain and roughly chop the artichoke quarters. Peel and grate the garlic. Rinse the salad leaves and the parsley. Roughly chop the parsley and cut the cucumber into half-moons. Drain the capers.

**3. GOLDEN SWORDFISH** Pat the swordfish dry with paper towel and season. Place a pan over medium-high heat with a drizzle of oil. When hot, add the fish skin-side down and fry for 3-5 minutes until the skin is crispy and golden. Flip, add a knob of butter or drizzle of oil and cook for a further 2-3 minutes or until cooked through. In the final minute, add the grated garlic and ½ the chopped parsley.

**4. OKE-DOKE ARTICHOKE** In a salad bowl, combine the rinsed salad leaves, the chopped artichoke, the cucumber half-moons, the drained capers, the cooked millet & peas, a squeeze of lemon juice, a generous drizzle of oil, and seasoning.

**5. OUTSTANDING OMEGA-3** Plate up the loaded salad. Top with the swordfish drizzled with any pan juices. Scatter over the remaining parsley and garnish with a lemon wedge. Well done, Chef!

## Nutritional Information

Per 100g

Energy	529kJ
Energy	126kcal
Protein	10.8g
Carbs	14g
of which sugars	1.3g
Fibre	2.7g
Fat	2.6g
of which saturated	0.5g
Sodium	112mg

## Allergens

Allium, Sulphites, Fish

Cook  
within 1  
Day