



# UCCOOK

## Baked Swordfish & Creamy Onions

with roasted butternut

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry White 3L

### Nutritional Info

	Per 100g	Per Portion
Energy	390kj	2212kj
Energy	93kcal	529kcal
Protein	5.5g	31.2g
Carbs	8g	43g
of which sugars	2.3g	13.3g
Fibre	1.4g	7.8g
Fat	3.9g	22.3g
of which saturated	1.8g	10.3g
Sodium	74mg	418mg

**Allergens:** Fish, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1kg	Butternut <i>deseed, peel (optional) &amp; cut into half-moons</i>
375g	500g	Line-caught Swordfish Fillet
15ml	20ml	NOMU Seafood Rub
2	2	Onions <i>peel &amp; finely slice</i>
125ml	160ml	Fresh Cream
8g	10g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>

## From Your Kitchen

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

**1. THE ROAST WONDERFUL MOMENT** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. NO DOUBT IN THIS SWORDFISH** When the butternut has 10-15 minutes remaining, pat the swordfish dry with paper towel. Coat in the NOMU rub, oil, and seasoning. Place it on the tray with the butternut (or on a separate baking tray), skin-side down. Bake for the remaining time, until cooked through and tender.

**3. CREAMY ONIONS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onions until soft and lightly golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add a knob of butter and stir in the cream. Remove from the heat and season.

**4. SWORDFISH TIME!** Plate up the roasted butternut half-moons, side with the baked swordfish and top with the creamy onion. Sprinkle over the parsley. Simply stunning, Chef!