

UCOOK

Tomato & Olive Tapenade with Swordfish

with **couscous**

Swordfish is coated in a paprika flour and pan fried until golden. The fish is then topped with a tomato, olive & caper tapenade and elegantly presented atop a bed of couscous for a wholesome and flavoursome dining experience.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Bertha Wines | Bertha Rosé

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Ingredients & Prep

75ml	Couscous
20g	Mixed Olives <i>(10g Pitted Kalamata Olives & 10g Pitted Green Olives)</i>
1	Garlic Clove <i>peel & grate</i>
1	Tomato <i>rinse & roughly chop</i>
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>
5g	Capers <i>drain & roughly chop</i>
100g	Cucumber <i>rinse & finely diced</i>
10ml	Lemon Juice
1	Line-caught Swordfish Fillet
15ml	Paprika Flour <i>(5ml Ground Paprika & 10ml Cake Flour)</i>

From Your Kitchen

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

1. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. SALTY TAPENADE Drain and roughly slice the mixed olives. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the chopped tomato and cook until softened, 2-3 minutes. Mix through ½ the chopped oregano, the sliced olives, a drizzle of olive oil, seasoning, a sweetener, and the chopped capers until heated and combined, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. LOAD WITH FLAVOUR Add the diced cucumber to the bowl of couscous and toss together with ½ the lemon juice (to taste). Set aside.

4. FRY THE FISH Return the pan to medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. Place the paprika flour into a shallow bowl and lightly season. Coat the fish in the paprika flour. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

5. WHAT A PLATE! Plate up the cucumber couscous and top with the crispy fish. Top the fish with the tapenade and drizzle with the remaining lemon juice. Garnish it all with the remaining oregano. Dive in, Chef!

Nutritional Information

Per 100g

Energy	480kJ
Energy	115kcal
Protein	8.8g
Carbs	12g
of which sugars	1.7g
Fibre	1.8g
Fat	2.8g
of which saturated	0.6g
Sodium	105mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Fish

Eat
Within
1 Day