

# QCOOK

## Soy-baked Potato & Flaked Swordfish

with creamy sriracha mayo & spring onion

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	437kJ	2039kJ
Energy	104kcal	488kcal
Protein	8.6g	40.1g
Carbs	9g	43g
of which sugars	1g	7g
Fibre	2g	7g
Fat	3.8g	17.9g
of which saturated	0.8g	3.5g
Sodium	172mg	803mg

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse</i>
15ml	20ml	Tamari Sauce
450g	600g	Line-caught Swordfish Fillet
7.5ml	10ml	NOMU Seafood Rub
150ml	200ml	Srirach Mayo <i>(37,5ml [50ml] Mayo, 90ml [120ml] Low Fat Cottage Cheese &amp; 22,5ml [30ml] Sriracha Sauce)</i>
120g	160g	Green Leaves <i>rinse &amp; finely shred</i>
2	2	Spring Onions <i>rinse, trim &amp; finely slice</i>

## From Your Kitchen

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Seasoning (salt & pepper)  
Water  
Paper Towel  
Cooking Spray

**1. SOY-BAKED POTATO** Preheat the oven to 220°C. Cut the potato in half lengthways and place on the tray – don't remove the skin! Lightly coat in cooking spray, the tamari sauce, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)

**2. FAB FISH** When the roast has 10-15 minutes to go, place a pan over medium-high heat and lightly add cooking spray. 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). In the final 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.

**3. SOME PREP** Using two forks, gently shred the swordfish and add to a bowl. Mix in the sriracha mayo, the green leaves, and ½ of the spring onion. Mix until combined and season.

**4. DINNER IS READY** Dish the potatoes cut side up, top with the creamy sriracha fish mixture, and garnish with the remaining spring onion. Well done, Chef!

**Chef's Tip** A fork or fish spatula works best for gentle flaking, or use your hands once the fish has cooled slightly.