



UCCOOK

Swordfish & Charred Green Beans

with lemon & parsley

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	199kj	1120kj
Energy	48kcal	268kcal
Protein	1.7g	9.7g
Carbs	9g	48g
of which sugars	3g	16g
Fibre	2g	14g
Fat	1.1g	6g
of which saturated	0.1g	0.6g
Sodium	91mg	509mg

Allergens: Sulphites, Fish, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & finely slice ½ [1]</i>
10g	20g	Sunflower Seeds
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30ml	60ml	Apple Cider Vinegar
1	1	Lemon <i>rinse & cut into wedges</i>
20g	40g	Capers <i>drain & finely chop</i>
1	2	Garlic Clove/s <i>peel & grate</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
100g	200g	Green Beans <i>rinse, trim & halve</i>
1	2	Swordfish Fillet/s

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey (optional)
Paper Towel

1. LET'S COOK! In a bowl, combine the onion, the vinegar, a sweetener (to taste) (optional), 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 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 capers, garlic (to taste), ½ the parsley, and seasoning. Set aside.

4. GREEN BEANS Return the pan over medium-high heat. When hot, add the green beans and lightly coat with cooking spray or oil (optional). Fry until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. FAB FISH Place a pan over medium heat. Pat the swordfish dry with paper towel and lightly coat with cooking spray or oil (optional). 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 and caper relish over the swordfish. Side with the dressed salad and any remaining lemon wedges.