



# UCOOK

## Swordfish & Sweet Potato Dauphinois

with coconut milk, Danish-style feta & carrot salad

Indulge in this super simple yet incredibly flavoursome dinner! Perfectly golden sweet potato dauphinois with a coconut twist is served alongside lemon basted swordfish fillet. Feta is tossed with roasted carrots & crispy onion bits to make a perfectly hearty side to this magnificent meal.

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**Hands-on Time:** 35 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People


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**Chef:** Morgan Nell

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 Fan Faves

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 Creation Wines | Creation Sauvignon Blanc 2022

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## Ingredients & Prep

2	Garlic Cloves <i>peeled &amp; grated</i>
8g	Fresh Thyme <i>rinsed, picked &amp; roughly chopped</i>
300ml	Coconut Milk
750g	Sweet Potato <i>peeled (optional) &amp; sliced into thin rounds</i>
360g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
3	Swordfish Fillets
30ml	Lemon Juice
75g	Danish-style Feta <i>drained &amp; crumbled</i>
30ml	Crispy Onions

## From Your Kitchen

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

**1. SOME PREP** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and ½ the chopped thyme. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut milk and 200ml of water. Mix until combined and remove from the heat.

**2. FANCY TATERS** Lightly grease a small roasting dish and layer the sweet potato rounds in the tray. Pour over the garlic-coconut mixture and season. Alternatively, create small stacks with the sliced potatoes. Place in the hot oven and roast for 40-45 minutes until cooked through and golden. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

**3. CRISPY CARROTS** Spread out the carrot wedges on a separate roasting tray. Coat in oil, the remaining thyme, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**4. EN GARDE!** When the potato roast has 10-15 minutes remaining, pat the swordfish fillets dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip and add a knob of butter (optional) and the lemon juice. Fry for a further 3-4 minutes until cooked through and crispy. (If your particular fillets are thicker than 2cm, fry for an extra minute per side.) You may need to do this step in batches.

**5. SENSATIONAL SIDE** When the carrots are done, scatter the crumbled feta and the crispy onion bits over the tray. Toss until combined.

**6. BON APPÉTIT** Plate up the coconut potatoes dauphinois (leaving behind any excess sauce). Side with the lemony swordfish and the carrot feta salad. Good job, Chef!



## Chef's Tip

Sweet potatoes brown quickly when exposed to air. To prevent this while preparing your potatoes, place them in water as you go. If you have a mandolin, use it to slice up your potatoes for the dauphinois.

## Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	5.9g
Carbs	9g
of which sugars	3.3g
Fibre	1.4g
Fat	5g
of which saturated	3g
Sodium	90mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook  
within 2  
Days