



UCOOK

Sesame Swordfish & Coconut Rice

with pak choi & spring onion

Ending a hot day with a sensational seafood dish is a great way to make the most of your summer, Chef! This swordfish dish perfectly pairs the island-inspired flavours of creamy coconut rice with pak choi stems in a zesty sesame oil & soy sauce. Garnished with spring onions and toasted black sesame seeds.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

| | |
|-------|--|
| 75ml | Jasmine Rice <i>rinse</i> |
| 100ml | Coconut Cream |
| 5ml | Black Sesame Seeds |
| 1 | Swordfish Fillet |
| 100g | Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i> |
| 10g | Fresh Ginger <i>peel & grate</i> |
| 1 | Garlic Clove <i>peel & grate</i> |
| 80ml | Soy-sesame Sauce <i>(50ml Low Sodium Soy Sauce, 20ml Rice Wine Vinegar, 5ml Sesame Oil & 5ml Lemon Juice)</i> |
| 1 | Spring Onion <i>rinse, trim & finely slice</i> |

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 100ml of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FISH Return the pan to medium-high heat with a drizzle of oil. Pat the fish dry with paper towel. 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.

4. SAUCE Roughly slice the pak choi stems and cut the leaves in half lengthways. Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the stems, the grated ginger, and the grated garlic until fragrant, 2-3 minutes. Add the soy-sesame sauce, 10ml of sweetener, and 50ml of water. Simmer until almost reduced by half, 5-6 minutes. In the final 1-2 minutes, mix in the pak choi leaves.

5. DINNER IS READY Make a bed of the coconut rice, top with the fish, pour over the sauce (to taste), and side with the pak choi leaves. Sprinkle over the sliced spring onions and the sesame seeds.



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 619kJ |
| Energy | 148kcal |
| Protein | 9.3g |
| Carbs | 13g |
| of which sugars | 0.8g |
| Fibre | 0.8g |
| Fat | 6.4g |
| of which saturated | 3.5g |
| Sodium | 370mg |

Allergens

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

Eat
Within
1 Day