



UCCOOK

Romesco-style Sweet Potato & Swordfish

with a butter & almond sauce

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	524kJ	2846kJ
Energy	125kcal	681kcal
Protein	7.8g	42.1g
Carbs	11g	59g
of which sugars	4.2g	22.9g
Fibre	2.1g	11.6g
Fat	4.8g	26.3g
of which saturated	0.7g	3.6g
Sodium	127mg	689mg

Allergens: Cow's Milk, Allium, Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30g	60g	Almonds
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30g	60g	Piquanté Peppers <i>drain</i>
1	1	Garlic Clove <i>peel & grate</i>
2,5ml	5ml	Smoked Paprika
10ml	20ml	Lemon Juice
1	2	Line-caught Swordfish Fillet/s
5ml	10ml	NOMU Seafood Rub
10ml	20ml	Raspberry Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Artichoke Quarters <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Blender
Butter
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. **SWEET (S)POT** Place the sweet potato in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain, return to the pot and set aside.

2. **TOASTIN'** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set $\frac{3}{4}$ of the nuts aside for Step 4. Roughly chop the remaining $\frac{1}{4}$ for Step 3.

3. **LIQUID GOLD** Return the pan to medium heat with a drizzle of oil and 10g [20g] of butter. Melt the butter until lightly browned, 3-5 minutes. Remove from the pan and add the chopped almonds and $\frac{1}{2}$ the parsley. Set aside.

4. **RED ROMESCO** Return the pan to medium heat with a drizzle of oil. Add the peppers and fry until beginning to char, 3-4 minutes (shifting occasionally). Add the garlic and the paprika. Fry until fragrant, 1-2 minutes (shifting constantly). Place in a blender along with the remaining almonds, the lemon juice (to taste), seasoning, and a generous drizzle of olive oil. Pulse until smooth. Loosen with a splash of water or oil, if necessary, until a drizzling consistency.

5. **FLIPPING GOOD FISH** Return the pan to medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. Fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

6. **OKEY-DOKEY ARTICHOKE** When the sweet potato is done, place in a bowl. Add the romesco sauce, the remaining parsley, and seasoning. Mix until combined. In a bowl, combine the vinegar, a sweetener (to taste) and a drizzle of olive oil. Add the salad leaves, the artichokes, and seasoning.

7. **PLEASANT MOMENT** Plate up the romesco sweet potato. Side with the pan-fried swordfish and drizzle over the nutty butter sauce. Side with the artichoke salad. Brilliant, Chef!