



UCOOK

Aromatic Amritsari-style Swordfish

**with charred avocado, sambal & warm
rotis**


Named for its origins in the northern-Indian city of Amritsar, this famous street food dish is a fried fish recipe on a different scale! That Mayo-covered rotis form the base, topped with fresh baby spinach, a zingy sambal, charred creamy avo, and crispy swordfish pieces covered in fragrant spices.


Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Creation Wines | Creation Sauvignon
Blanc/Semillon 2020

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Ingredients & Prep

1	Tomato <i>diced</i>
1	Red Onion <i>½ peeled & diced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Lemon <i>½ zested & cut into wedges</i>
50ml	That Mayo (Garlic)
1	Avocado
60ml	Chickpea Flour Mix <i>(40ml Chickpea Flour & 20ml Self-raising Flour)</i>
22,5ml	Amritsari Spice Mix <i>(20ml NOMU Garam Masala Rub & 2,5ml Ground Cumin)</i>
1	Swordfish Fillet <i>pat dry & cut into bite-sized pieces</i>
2	Whole Wheat Rotis
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. A SAMBAL ENSEMBLE In a bowl, combine the diced tomato, diced onion, ½ of the picked coriander, lemon zest (to taste), a drizzle of oil, and seasoning. In a small bowl, combine the mayo with water in 5ml increments until slightly loosened.

2. AVO SOME AVOCADO Halve the avocado and set aside the half containing the pip for another meal. Peel off the avocado skin, keeping the flesh of the remaining half intact. Place a pan or griddle pan over a medium-high heat. Brush the cut-side of the avocado with oil. Grill the avocado, cut-side down, for 3-5 minutes or until grill-lines begin to form on the avocado. On completion, slice and toss with the juice of 1 lemon wedge, a drizzle of oil, and seasoning.

3. DELISH FRIED FISH Place a pot over a medium-high heat. Fill with enough oil to deep-fry the swordfish. In a bowl, combine the flour mix, the spice mix, and seasoning. Gradually mix in 60ml of water until a smooth batter forms. Add an extra splash of water if the batter looks too thick. When the oil is hot, dip the fish pieces into the batter. Using a pair of tongs, carefully lower each piece into the hot oil. Deep-fry for 3-6 minutes until the batter is golden and crispy. Remove from the pan, drain on paper towel, and season.

4. ROTIS MAKE EVERYTHING RIGHT Place a clean pan over a medium heat. When hot, warm the roti for about 30-60 seconds per side, until heated through and lightly toasted.

5. AN AMAZING AMRITSARI DINNER Plate up the warmed rotis, smear with mayo, top with the shredded leaves, fried fish, fresh sambal and charred avocado slices. Drizzle with the remaining mayo and sprinkle with the remaining coriander. Enjoy your hard work, Chef!

Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	6.9g
Carbs	19g
of which sugars	3.2g
Fibre	3.5g
Fat	7.5g
of which saturated	1.5g
Sodium	182mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day