



UCCOOK

Soy-baked Potato & Flaked Swordfish

with creamy sriracha mayo & chives

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	468kj	2055kj
Energy	112kcal	492kcal
Protein	9.4g	41.2g
Carbs	10g	42g
of which sugars	1g	6g
Fibre	2g	7g
Fat	4.2g	18.3g
of which saturated	0.8g	3.6g
Sodium	244.9mg	1075.6mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites, Fish, Soy

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse</i>
7,5ml	15ml	Tamari Sauce
1	2	Line-caught Swordfish Fillet/s
5ml	10ml	NOMU Seafood Rub
50ml	100ml	Srirach Mayo <i>(12,5ml [25ml] Mayo, 30ml [60ml] Low Fat Cottage Cheese & 7,5ml [15ml] Sriracha Sauce)</i>
20g	40g	Green Leaves <i>rinse & finely shred</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. SOY-BAKED POTATO Preheat the oven to 220°C. Cut the potato in half lengthways and place on the tray – don't remove the skin! Lightly coat in cooking spray, the tamari sauce, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)

2. FISH When the roast has 10-15 minutes to go, place a pan over medium-high heat and lightly add cooking spray. Pat the swordfish dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). In the final 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.

3. SOME PREP Using two forks, gently shred the swordfish and add to a bowl. Mix in the sriracha mayo, the green leaves, and ½ of the chives. Mix until combined and season.

4. DINNER IS READY Dish the potatoes, cut-side up, top with the creamy sriracha fish mixture, and garnish with the remaining chives. Well done, Chef!

Chef's Tip A fork or fish spatula works best for gentle flaking, or use your hands once the fish has cooled slightly.