



# UCOOK

## Swordfish Au Poivre

with roasted beetroots, Danish-style feta & fresh oregano

A twist on a French classic! A perfect piece of swordfish is served with rustic roasted beetroots and a sumptuous salad. All brought together with a lush black peppercorn au poivre sauce. Luxury on a plate!

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Carb Conscious

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 Laborie Estate | Laborie Cap Classique Rosé

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## Ingredients & Prep

600g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
7,5ml	Crushed Black Peppercorns
15ml	Beef Stock
45ml	Crème Fraîche
60g	Salad Leaves <i>rinse</i>
150g	Cucumber <i>rinse &amp; cut into half-moons</i>
90g	Danish-style Feta <i>drain &amp; crumble</i>
8g	Fresh Oregano <i>rinse &amp; pick</i>
3	Swordfish Fillets

## From Your Kitchen

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

**1. UNBEETABLE ROAST** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. AU POIVRE SAUCE** Boil the kettle. Return the pan, wiped down, to medium heat with a knob of butter. Once melted, stir in the crushed black pepper, the stock, and 150ml of boiling water. Simmer until the sauce has reduced, 2-3 minutes. Remove from the heat and stir through the crème fraîche. Season, add a sweetener (optional), loosen with a splash of water if too thick, and cover.

**3. SALAD TOSS UP** In a bowl, combine the rinsed salad leaves, the cucumber half-moons, the crumbled feta, 1/2 the picked oregano, a drizzle of olive oil, and seasoning.

**4. EN GARDE!** Place a pan over medium-high heat with a drizzle of oil. Pat the swordfish 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.

**5. SWORDFISH IS SERVED!** Plate up the swordfish and drizzle over the au poivre sauce. Side with the fresh salad and the roasted beetroot. Garnish with the remaining oregano. Perfection, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	424kj
Energy	101kcal
Protein	8.5g
Carbs	3g
of which sugars	1g
Fibre	1.2g
Fat	5.3g
of which saturated	2.5g
Sodium	168mg

## Allergens

Allium, Sulphites, Fish, Cow's Milk

Cook  
within 1  
Day