



# 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:** 20 minutes

**Overall Time:** 40 minutes


---

**Serves:** 2 People


---

**Chef:** Ella Nasser

---

 Adventurous Foodie

---

 Creation Wines | Creation Sauvignon  
Blanc/Semillon 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Tomato <i>diced</i>
1	Red Onion <i>peeled &amp; diced</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>
1	Lemon <i>zested &amp; cut into wedges</i>
100ml	That Mayo (Garlic)
1	Avocado
120ml	Chickpea Flour Mix <i>(80ml Chickpea Flour &amp; 40ml Self-raising Flour)</i>
45ml	Amritsari Spice Mix <i>(40ml NOMU Garam Masala Rub &amp; 5ml Ground Cumin)</i>
2	Swordfish Fillets <i>pat dry &amp; cut into bite-sized pieces</i>
4	Whole Wheat Rotis
40g	Green Leaves <i>rinsed &amp; 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 remove the pip. Peel off the avocado skin, keeping the flesh 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 2 lemon wedges, 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 90ml 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 rotis for about 30-60 seconds per side, until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat in the microwave for 30-60 seconds. Or, toast in the oven for 2-3 minutes. Once heated, stack the rotis on a plate and cover with a tea towel to keep warm.

**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