



UCCOOK

Swordfish & Potato Dauphinoise

with Danish-style feta & carrot salad

Indulge in this super simple yet incredibly flavoursome dinner! Perfectly golden potato dauphinoise is served alongside lemon-basted swordfish fillet. Feta is tossed with roasted carrots & crispy onion bits to make a perfectly hearty side to this magnificent meal.

Hands-on Time: 35 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Morgan Otten

Fan Faves

Muratie Wine Estate | Muratie Lady Alice MCC
Rosé 2018

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

Ingredients & Prep

2	Garlic Cloves <i>peel & grate</i>
8g	Fresh Thyme <i>rinse, pick & roughly chop</i>
270ml	Low Fat Fresh Milk
600g	Potato <i>rinse, peel (optional) & cut into thin rounds</i>
360g	Carrot <i>rinse, trim, peel & cut into wedges</i>
3	Line-caught Swordfish Fillets
30ml	Lemon Juice
75g	Danish-style Feta <i>drain & crumble</i>
30ml	Crispy Onion Bits

From Your Kitchen

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

1. SOME PREP Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and 1/2 the chopped thyme. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 180ml of water. Mix until combined and remove from the heat.

2. FANCY TATERS Lightly grease a small roasting dish and layer the potato rounds in the tray. Pour over the garlic-milk mixture and season. Alternatively, create small stacks with the sliced potatoes. Place in the oven and roast until cooked through and golden, 40-45 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

3. CRISPY CARROTS Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

4. EN GARDE! When the potato roast has 10-15 minutes remaining, pat the swordfish dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. 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 minute, baste with a knob of butter and the lemon juice (to taste). Remove from the pan and season.

5. SENSATIONAL SIDE When the carrots are done, toss through the crumbled feta and the crispy onion bits. Set aside.

6. BON APPÉTIT Plate up the creamy potato dauphinoise (leaving behind any excess sauce). Side with the lemony swordfish and the carrot feta salad. Good job, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	413kj
Energy	99kcal
Protein	7.3g
Carbs	9g
of which sugars	2g
Fibre	1.4g
Fat	3.6g
of which saturated	1.5g
Sodium	79mg

Allergens

Gluten, Allium, Wheat, Fish, Cow's Milk

Eat
Within
1 Day