



# UCCOOK

## Romesco-style Sweet Potato & Swordfish

with a butter & almond sauce

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Sophie Germanier Organic | Chardonnay Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	523kj	2816kj
Energy	125kcal	674kcal
Protein	7.6g	41.1g
Carbs	11g	59g
of which sugars	4.3g	22.9g
Fibre	2.2g	11.6g
Fat	4.8g	25.9g
of which saturated	0.7g	3.6g
Sodium	127mg	685mg

**Allergens:** Sulphites, Fish, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
90g	120g	Almonds
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
90g	120g	Piquanté Peppers <i>drain</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
7,5ml	10ml	Smoked Paprika
30ml	40ml	Lemon Juice
450g	600g	Line-caught Swordfish Fillets
15ml	20ml	NOMU Seafood Rub
30ml	40ml	Raspberry Vinegar
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Artichoke Quarters <i>drain &amp; roughly slice</i>

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Blender  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. SWEET (S)POT** Place the sweet potato in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain, return to the pot and set aside.

**2. TOASTIN'** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set  $\frac{3}{4}$  of the nuts aside for Step 4. Roughly chop the remaining  $\frac{1}{4}$  for Step 3.

**3. LIQUID GOLD** Return the pan to medium heat with a drizzle of oil and 30g [40g] of butter. Melt the butter until lightly browned, 3-5 minutes. Remove from the pan and add the chopped almonds and  $\frac{1}{2}$  the parsley. Set aside.

**4. RED ROMESCO** Return the pan to medium heat with a drizzle of oil. Add the peppers and fry until beginning to char, 4-5 minutes (shifting occasionally). Add the garlic and the paprika. Fry until fragrant, 1-2 minutes (shifting constantly). Place in a blender along with the remaining almonds, the lemon juice (to taste), seasoning, and a generous drizzle of olive oil. Pulse until smooth. Loosen with a splash of water or oil, if necessary, until a drizzling consistency.

**5. FLIPPING GOOD FISH** Return the pan to medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. 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 NOMU rub. Remove from the pan and season.

**6. OKEY-DOKEY ARTICHOKE** When the sweet potato is done, place in a bowl. Add the romesco sauce, the remaining parsley, and seasoning. Mix until combined. In a bowl, combine the Chaloner vinegar, a sweetener (to taste) and a drizzle of olive oil. Add the salad leaves, the artichokes, and seasoning.

**7. PLEASANT MOMENT** Plate up the romesco sweet potato. Side with the pan-fried swordfish and drizzle over the nutty butter sauce. Side with the artichoke salad. Brilliant, Chef!