



UCOOK

Swordfish Au Poivre

**with roasted beetroot, Danish-style feta
& fresh oregano**

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

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Laborie Estate | Laborie Cap Classique Rosé

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
2,5ml	Crushed Black Peppercorns
5ml	Beef Stock
15ml	Crème Fraîche
20g	Salad Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
30g	Danish-style Feta <i>drain & crumble</i>
3g	Fresh Oregano <i>rinse & pick</i>
1	Swordfish Fillet

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, 30-35 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 50ml 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