



# UCOOK

## Swordfish & Zingy Lemon Sauce

with brown rice and a cucumber, olive & tomato salad

Dinner made easy with beautiful flaky swordfish, covered in a zingy lemon sauce! A pop of freshness comes through from diced tomatoes, crunchy cucumber and salty Kalamata olives. Quick, easy and divine!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Fan Faves

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 Fat Bastard | Chardonnay

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## Ingredients & Prep

|       |                                                              |
|-------|--------------------------------------------------------------|
| 225ml | Brown Rice                                                   |
| 30g   | Pitted Kalamata Olives<br><i>drained &amp; halved</i>        |
| 2     | Tomatoes<br><i>roughly diced</i>                             |
| 60g   | Danish-style Feta<br><i>drained &amp; crumbled</i>           |
| 300g  | Cucumber<br><i>roughly diced</i>                             |
| 3     | Swordfish Fillets                                            |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>                  |
| 7,5ml | Dijon Mustard                                                |
| 2     | Lemons<br><i>1½ cut into wedges</i>                          |
| 60ml  | Fresh Cream                                                  |
| 12g   | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. READY THE RICE** Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. FRESH START** In a bowl, combine the halved olives, diced tomato, crumbled feta, diced cucumber, a drizzle of oil, and seasoning.

**3. FANCY FISH** Pat the swordfish fillets dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip, and add a knob of butter. Fry for a further 3-4 minutes until cooked through and browned. (If your particular fillets are thicker than 2cm, fry for an extra 1 minute per side.) You may need to do this step in batches. Remove from the pan on completion. Season to taste.

**4. RIGHT AT ITS SAUCE** Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the Dijon mustard, a squeeze of lemon juice, and 6ml of water. Reduce the heat and leave to simmer for 2-3 minutes, until slightly reduced. Pour in the cream and leave to simmer for a further 1-2 minutes, until slightly reduced.

**5. DINNER IS SERVED!** Dish up a heaping helping of the nutty brown rice. Top with the perfectly cooked swordfish, spoon over the creamy sauce, and side with the fresh salad. Garnish with the chopped parsley and serve any remaining lemon wedges alongside. Delish, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 501kJ   |
| Energy             | 120Kcal |
| Protein            | 7.9g    |
| Carbs              | 11g     |
| of which sugars    | 1.3g    |
| Fibre              | 1.6g    |
| Fat                | 4.8g    |
| of which saturated | 1.9g    |
| Sodium             | 86mg    |

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 1  
Day