



Eat Within 1 Day

UCCOOK

Swordfish & Potato Dauphinoise

with Danish-style feta & a carrot salad

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Muratie Wine Estate | Muratie Lady Alice MCC Rosé

Nutritional Info	Per 100g	Per Portion
Energy	425kj	2351kj
Energy	102kcal	562kcal
Protein	7.6g	41.8g
Carbs	10g	57g
of which sugars	1.7g	9.3g
Fibre	1.6g	8.6g
Fat	3.4g	19g
of which saturated	1.2g	6.5g
Sodium	69mg	380mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse, pick & roughly chop</i>
5ml	10ml	Cornflour
30ml	60ml	Low Fat UHT Milk
200g	400g	Potato <i>rinse, peel (optional) & cut into thin rounds</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	2	Line-caught Swordfish Fillet/s
10ml	20ml	Lemon Juice
20g	40g	Danish-style Feta <i>drain & crumble</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. SOME PREP Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the garlic, 1/2 the thyme, and the flour. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the milk and 60ml [120ml] of water. Mix until combined and remove from the heat.

2. FANCY TATERS Lightly grease a small roasting dish and layer the potato in the tray. Pour over the garlic-milk mixture and season. Alternatively, create small stacks with the potato. Place in the oven and roast until cooked through and golden, 35-40 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature.

3. CRISPY CARROTS Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

4. EN GARDE! When the potato 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 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!