



UCOOK

Chargrilled Swordfish

with lemon-garlic pasta, baby tomatoes & golden sultanas

At the base of this buttery, crispy charred swordfish, is zesty lemony, gluten free pasta, packed with tomatoes, golden sultanas and fresh parsley. Amore mio, we've got so many lush layers of fabulous flavours for you!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Haute Cabrière | Pierre Jourdan Brut

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Ingredients & Prep

75g	Gluten-free Spaghetti
10ml	NOMU Italian Rub
1	Lemon <i>½ zested & cut into wedges</i>
1	Line-caught Swordfish Fillet
1	Garlic Clove <i>peeled & grated</i>
80g	Baby Tomatoes <i>halved</i>
20g	Golden Sultanas
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. MARINATION STATION Bring a pot of salted water to boil for the pasta. In a shallow bowl, place the Italian rub, lemon zest, and 1 tbsp of oil. Mix until fully combined. Add the swordfish, and toss until fully coated in the marinade. Leave to marinate for at least 15 minutes.

2. PASTA PARTY Once the water is boiling, add the pasta and a drizzle of oil. Cook for about 15 minutes until al dente. Stir continuously for the first few minutes to avoid the pasta sticking together, stirring sporadically after that. Drain on completion, reserving 100ml of pasta water, and toss a drizzle of oil through the pasta.

3. SOMETHING FISHY Place a pan or griddle pan over a medium-high heat with a drizzle of oil. When hot, remove the fish from the marinade, reserving the marinade in the bowl. Fry the fish on one side for 3-4 minutes until crispy and golden. Flip and add a knob of butter (optional). Fry for another 3-4 minutes until cooked through and crispy on both sides. (If your particular fillet is thicker than 2cm, fry for an additional minute per side.) Remove from the pan on completion.

4. LET'S GET SAUCY Return the empty pasta pot to a medium-high heat with a drizzle of oil. When hot, add the grated garlic and fry for about 1 minute until fragrant, shifting constantly. Stir in the marinade and reserved pasta water and leave to slightly reduce for 2-3 minutes. Add in the pasta, halved tomatoes, golden sultanas, ½ the chopped parsley, and a squeeze of lemon juice. Toss to combine and season to taste.

5. DIG IN! Serve up a generous helping of the lemony pasta. Top with the seared swordfish, sprinkle over the remaining parsley, crumble over the feta, and serve with a lemon wedge on the side. Stunning, Chef!



Chef's Tip

Cooking pasta in salted water instead of only seasoning it afterwards allows it to absorb the salt, enhancing its flavour. Because the salt is dispersed throughout the dish, you get a superior-tasting end result!

Nutritional Information

Per 100g

Energy	604kJ
Energy	144Kcal
Protein	9.6g
Carbs	16g
of which sugars	4.4g
Fibre	3.6g
Fat	4.1g
of which saturated	0.8g
Sodium	152mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day