



QCOOK

Caper-garlic Swordfish

with roasted beetroot, Danish-style feta & fresh mint

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	319kJ	1092kJ
Energy	76kcal	261kcal
Protein	3.1g	10.8g
Carbs	5g	18g
of which sugars	1.2g	4.2g
Fibre	1.8g	6.1g
Fat	4.1g	13.9g
of which saturated	2.5g	8.5g
Sodium	260mg	887mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Garlic Clove <i>peel & grate</i>
15g	30g	Capers <i>drain & roughly chop</i>
15ml	30ml	Crème Fraîche
20g	40g	Salad Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>
3g	5g	Fresh Mint <i>rinse & pick</i>
1	2	Line-caught Swordfish Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey (optional)
Paper Towel
Butter

1. UNBEETABLE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. GARLIC & CAPER SAUCE Boil the kettle. Place a pan over medium heat with a knob of butter. When melted, add the garlic and the capers. Fry until fragrant, about 1-2 minutes (shifting constantly). 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 salad leaves, the cucumber, the feta, ½ the mint, a drizzle of olive oil, and seasoning.

4. EN GARDE! Place a clean pan over medium heat (with a drizzle of oil if necessary). Pat the swordfish dry with paper towel. Fry the fish until golden, 3-4 minutes per side. Remove from the pan and season.

5. SWORDFISH IS SERVED! Plate up the swordfish and drizzle over the garlic and caper sauce. Side with the fresh salad and the roasted beetroot. Garnish with the remaining mint. Perfection, Chef!