



UCOOK

Caper-garlic Swordfish

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

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 garlic & caper sauce. Luxury on a plate!


Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

Carb Conscious

 Bertha Wines | Bertha Semillon 2022

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Ingredients & Prep

| | |
|------|---|
| 200g | Beetroot <i>rinse, trim & cut into bite-sized pieces</i> |
| 1 | Garlic Clove <i>peel & grate</i> |
| 15g | Capers <i>drain & roughly chop</i> |
| 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 Mint <i>rinse & pick</i> |
| 1 | Line-caught 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. GARLIC & CAPER SAUCE Boil the kettle. Return the pan, wiped down, to medium heat with a knob of butter. When melted, add the grated garlic, and the chopped 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 rinsed salad leaves, the cucumber half-moons, the crumbled feta, ½ the picked mint, 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 garlic & caper sauce. Side with the fresh salad and the roasted beetroot. Garnish with the remaining mint. 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 | 415kJ |
| Energy | 99kcal |
| Protein | 8.2g |
| Carbs | 4g |
| of which sugars | 0.9g |
| Fibre | 1.2g |
| Fat | 5.1g |
| of which saturated | 2.4g |
| Sodium | 203mg |

Allergens

Allium, Sulphites, Fish, Cow's Milk

Eat
Within
1 Day