



UCOOK

Terrific Tomato & Basil Swordfish

with roasted butternut mash & flaked almonds

Beautiful swordfish fillet is poached in a divine and vibrant sauce of garlic, white wine, baby tomatoes and fragrant basil. Served alongside a sweet and smooth butternut mash to soak up all the juicy flavours! This delectable dish is sided with fresh salad leaves.

Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter

 Adventurous Foodie

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
320g	Baby Tomato Medley <i>halved</i>
4	Garlic Cloves <i>peeled & grated</i>
170ml	White Wine
20ml	Vegetable Stock
15g	Fresh Basil <i>rinsed, picked & roughly torn</i>
4	Line-caught Swordfish Fillets <i>skin removed (see Chef's Tip)</i>
40g	Flaked Almonds
80g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. BEAUTIFUL BUTTERNUT Preheat the oven to 200°C. Boil the kettle. Place the butternut pieces on a roasting tray, coat in oil, and season. To ensure they do get crispy, don't overcrowd the tray- use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. BRING YOUR SWORD Place a pot over a medium heat with a drizzle of oil. When hot, add the halved baby tomatoes and fry for 4-5 minutes until softened and starting to blister, shifting occasionally. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Pour in the white wine and leave to simmer for 1-2 minutes until almost all evaporated. Add the stock, ½ the torn basil, seasoning, and 400ml of boiling water. Mix until fully combined. Gently lower the swordfish fillets into the mixture. Pop on the lid and leave to poach for 10-12 minutes, flipping the fish halfway. On completion, the fish should be cooked through.

3. GET MASHING When the butternut is done, place it in a bowl. Mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, and a knob of butter or a drizzle of oil. Season to taste.

4. TOAST & TOSS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. In a bowl, combine the rinsed salad leaves, ½ the toasted almonds, a drizzle of oil, and seasoning.

5. EAT UP! Plate up a big spoonful of the butternut mash and top with the delicious poached swordfish and tomato sauce. Sprinkle over the remaining basil and almonds. Side with the fresh salad. Stunning, Chef!



Chef's Tip

Lightly drizzle boiling water onto the skin of the swordfish to 'firm' it up before removing it. This will make the process of peeling it off much easier!

Nutritional Information

Per 100g

Energy	292kj
Energy	70Kcal
Protein	5.2g
Carbs	6g
of which sugars	1.2g
Fibre	1.4g
Fat	1.3g
of which saturated	0.1g
Sodium	100mg

Allergens

Allium, Sulphites, Fish, Tree Nuts, Alcohol

Cook
within 1
Day