



UCCOOK

Jamaican-style Swordfish

with a pineapple & fresh chilli relish

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	342kJ	2370kJ
Energy	82kcal	567kcal
Protein	5.6g	39.1g
Carbs	10g	70g
of which sugars	3.4g	23.9g
Fibre	1.3g	9.3g
Fat	1.6g	11.2g
of which saturated	0.4g	2.6g
Sodium	30mg	209mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
5ml	10ml	Old Stone Mill Jerk Seasoning
60g	120g	Tinned Pineapple Pieces <i>drain & roughly chop</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
15ml	30ml	Lemon Juice
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	60ml	Cake Flour
1	2	Line-caught Swordfish Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (Salt & Pepper)

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Coat in oil and the jerk seasoning. 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).

2. LET'S SALSA To a bowl, add the pineapple, spring onion (to taste), coriander, chilli (to taste), and ½ the lemon juice (to taste). Toss to combine, season, and set aside in the fridge.

3. ZESTY OIL In a small bowl, combine the remaining lemon juice, the garlic, ½ the parsley, and a drizzle of oil. Set aside.

4. CRISPY FISH Place a pan over medium-high heat with a drizzle of oil. In a shallow dish, season the flour. Pat the swordfish dry with paper towel, and coat in the seasoned flour. 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 garlic & parsley mixture. Remove from the pan, reserving the herby garlic butter, and season.

5. A TASTE OF THE CARIBBEAN Serve the roasted butternut and onion alongside the crispy fish. Drizzle the reserved herby butter over the fish and serve the pineapple and fresh chilli relish on the side. Garnish with the remaining parsley.