



UCOOK

Pesto Swordfish Kebabs

with crispy golden potatoes & fragrant fresh basil

Swordfish kebabs marinated in pesto, served with crispy peri peri potatoes and dipped in lemony mayonnaise! Served with a pickled tomato & red onion salad.


Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Robertson Winery | Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>cut into bite-sized pieces</i>
10ml	NOMU Peri-Peri Rub
30ml	Pesto Princess Basil Pesto
1	Line-caught Swordfish Fillet <i>cut into 3cm thick cubes</i>
2	Skewers
5ml	White Wine Vinegar
1	Plum Tomato <i>cut into thin rounds</i>
1	Red Onion <i>¼ peeled & finely sliced</i>
50ml	That Mayo (Original)
1	Lemon <i>½ zested & cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
4g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. DON'T BE A POT-HATER Preheat the oven to 200°C. Place the potato pieces on a roasting tray, coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. DRAW YOUR SWORD Loosen the pesto with oil in 5ml increments until drizzling consistency. In a bowl, toss the swordfish cubes with ½ the loosen pesto and seasoning. Set aside in the fridge to marinate. Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes – this prevents them from burning when over the heat.

3. PICKLED SALAD & LEMON MAYO In a salad bowl, combine the white wine vinegar, 30ml of water, ½ tsp of a sweetener of choice and a pinch of salt. Mix until the sweetener has fully dissolved. Add the sliced tomato and red onion and toss until coated. Set aside to pickle. In a small bowl, add the mayo, ½ the lemon zest, seasoning, and the juice from 1 lemon wedge. Mix until fully combined.

4. SEAR THE KEBABS When the potatoes have 10 minutes remaining, thread the marinated swordfish cubes onto the skewers. Place a pan or a griddle pan over a medium-high heat with a drizzle of oil. When hot, fry the fish kebabs on each side for 1-2 minutes until cooked through and slightly charred. Remove from the pan and season to taste.

5. SUPER SALAD Drain the pickling liquid from the bowl of tomato and onion (lose it or reuse it!). To the bowl, add the rinsed leaves, seasoning and a drizzle of olive oil. Toss until fully combined.

6. PLATE THE BABS Dish up the succulent swordfish kebabs drizzled with the remaining pesto. Side with the salad and the crispy potatoes. Dollop on the lemon mayonnaise and garnish with the remaining lemon zest, rinsed basil leaves and a lemon wedge. Tuck in, Chef!



Chef's Tip

Use the reserved pickled liquid to pickle any veggies you have in your fridge. Our favourites are cucumber, radish, cabbage and carrot.

Nutritional Information

Per 100g

Energy	538kj
Energy	129Kcal
Protein	5.6g
Carbs	12g
of which sugars	2g
Fibre	1.8g
Fat	6.3g
of which saturated	1.5g
Sodium	156mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day