

# UCOOK

## Sage Butter Fried Fish

**with charred broccoli, kale & grated Italian-style cheese**

Pan-fried swordfish with a classic sage butter sauce is served on a bed of earthy kale topped with cheesy charred broccoli & crunchy onion. Sprinkled with pops of nutty toasted sunflower seeds and lemon juice. Simply delicious!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

10g	Sunflower Seeds
150g	Broccoli Florets <i>cut into small pieces</i>
1	Onion <i>½ peeled &amp; cut into wedges</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	Grated Italian-style Hard Cheese
50g	Kale <i>rinsed &amp; roughly shredded</i>
1	Swordfish Fillet
4g	Fresh Sage <i>rinsed, picked &amp; dried</i>
10ml	Lemon Juice

## From Your Kitchen

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

**1. SUNNY SEEDS** Place the sunflower seeds in a pan, large enough for the broccoli, over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**2. CHARRED MEDLEY** Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the broccoli pieces and the onion wedges and fry for 5-6 minutes until lightly charred, shifting occasionally. In the final 1-2 minutes, add the grated garlic, shifting constantly. Remove from the pan and place in a bowl. Add the grated cheese and seasoning. Toss until combined and cover to keep warm.

**3. A SIMPLE SAUTÉE** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the shredded kale and sauté for 3-4 minutes until slightly wilted, shifting occasionally. Season and remove from the pan.

**4. FLIP FLIP HOORAY!** Return the pan, wiped down, to a medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel and season. When the pan is hot, fry the swordfish on one side for 3-4 minutes until crispy and golden. Flip and add a generous knob of butter and the dried sage leaves. Fry for a further 1-2 minutes until the swordfish is cooked through. Remove from the heat and add ½ the lemon juice and season to taste.

**5. DELISH DINNER** Make a bed of the wilted kale. Top with the loaded broccoli medley, the swordfish and the crispy sage leaves. Drizzle over the sage & lemon pan juices (to taste) and the remaining lemon juice. Sprinkle over the toasted sunflower seeds. Good job, Chef!

## Nutritional Information

Per 100g

Energy	398kJ
Energy	95kcal
Protein	9.2g
Carbs	5g
of which sugars	1.5g
Fibre	2.3g
Fat	4.1g
of which saturated	1g
Sodium	51mg

## Allergens

Egg, Dairy, Allium, Fish

Cook  
within 1  
Day