



UCCOOK

Baked Swordfish & Chilli-tomato Salsa

with roasted veggies

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	298kj	2031kj
Energy	71kcal	486kcal
Protein	5.5g	37.4g
Carbs	7g	50g
of which sugars	3g	19g
Fibre	2g	11g
Fat	2g	13.4g
of which saturated	0.4g	2.9g
Sodium	140.3mg	957.3mg

Allergens: Allium, Sulphites, Fish

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Baby Potatoes <i>rinse & cut in half</i>
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10ml	20ml	NOMU Seafood Rub
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
20g	40g	Pitted Kalamata Olives <i>drain & cut in half</i>
20ml	40ml	Lemon Juice
1	2	Line-caught Swordfish Fillet/s

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the baby potatoes, and the carrots on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SPICY SALSA To a bowl, combine the tomato, the spring onion (to taste), the chilli (to taste), the olives, the lemon juice, and seasoning.

3. CRISPY-SKIN FISH When the veggies have reached the halfway mark, pat the fish dry with paper towel. Place the fish on a lightly greased baking tray. Coat in oil, the remaining NOMU rub, and seasoning. Bake in the hot oven until golden, 15-20 minutes.

4. SET THE TABLE Serve up the golden veggies, and the flaky fish. Side with the chilli salsa. Enjoy!