



UCCOOK

Seaside Fish & Chips

with a homemade tartar sauce

Hands-on Time: 20 minutes

Overall Time: 40 minutes

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

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	375.6kJ	1971.2kJ
Energy	89.9kcal	471.7kcal
Protein	7.8g	40.9g
Carbs	9.3g	48.9g
of which sugars	1.1g	6g
Fibre	2g	9g
Fat	2.3g	12.3g
of which saturated	0.6g	3.3g
Sodium	113.3mg	594.9mg

Allergens: Sulphites, Fish, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into 1cm thick chips</i>
40ml	80ml	Low Fat Plain Yoghurt
3g	5g	Fresh Dill <i>rinse, pick & finely chop</i>
20g	40g	Gherkins <i>drain & finely dice</i>
1	2	Line-caught Swordfish Fillet/s
5ml	10ml	NOMU Cajun Rub
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Peas
30g	60g	Artichoke Quarters <i>drain & halve</i>
10ml	20ml	Lemon Juice

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Paper Towel

1. CRAVE-WORTHY CHIPS Preheat the oven to 200°C. Coat the potato chips in cooking spray and seasoning, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 25-30 minutes. At the halfway mark, gently shift the chips. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TASTY TARTAR & PLUMP PEAS Boil the kettle. In a bowl, combine the yoghurt, dill, and gherkins. Season and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until plump. Drain on completion and set aside.

3. NOMU-SPICED SWORDFISH Pat the swordfish dry with paper towel. Spray the fish with cooking spray and coat with the NOMU rub and seasoning (both to taste). Place a pan on a low to medium heat. Fry the swordfish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fillet). Remove the pan from the heat. Set aside in the pan until serving.

4. TASTE LIKE HOLIDAY Plate up the salad leaves, topped with the peas and artichokes. Drizzle over the lemon juice. Side with the fish and chips. Dollop over the tartar sauce. Simple as that, Chef!