

UCOOK

Sweet 'n Sour Swordfish

with egg noodles & pineapple pieces

Crispy swordfish fillet is served with tender egg noodles coated in a tasty sweet & sour pickled pepper and pineapple sauce. This dish is finished off with crunchy chopped peanuts and aromatic fresh coriander. The perfect balance of flavours and textures!

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Ella Nasser

 Fan Faves

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

4 cakes	Egg Noodles
4	Swordfish Fillets
2	Onions <i>peeled & cut into 1cm thick slices</i>
2	Garlic Cloves <i>peeled & grated</i>
240g	Pineapple Pieces <i>drained</i>
160g	Pickled Bell Peppers <i>drained & roughly sliced</i>
310ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce, 125ml Rice Wine Vinegar & 60ml Low Sodium Soy Sauce)</i>
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
60g	Peanuts <i>roughly chopped</i>

From Your Kitchen

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

1. EGG NOODS Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through a drizzle of oil.

2. SWORDFISH FRY UP Pat the swordfish fillets dry with some paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the fish on one side for 3-4 minutes until crispy and golden. Flip and add a knob of butter (optional). Fry for a further 3-4 minutes until cooked through and crispy. Remove from the pan on completion and cover to keep warm.

3. SWEET 'N SOUR Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the onion slices for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and sauté for 1-2 minutes until fragrant, shifting constantly. Mix in the drained pineapple pieces and the sliced pickled pepper and fry for 3-4 minutes until heated through, shifting occasionally. Stir through the sweet 'n sour sauce and 80ml of a sweetener of choice. Allow to come to the boil, then immediately remove from the heat.

4. DINNER IS SERVED! Bowl up a generous helping of the noodles. Pour over the sweet 'n sour sauce. Top with the crispy swordfish. Sprinkle over the chopped coriander and the chopped peanuts. Dive in, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141Kcal
Protein	9.2g
Carbs	16g
of which sugars	5.2g
Fibre	0.9g
Fat	4.2g
of which saturated	0.9g
Sodium	315mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy

Cook
within 1
Day