



UCCOOK

Spicy Creamy Swordfish

with orzo, roasted butternut & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	530kj	3436kj
Energy	127kcal	822kcal
Protein	6.8g	44g
Carbs	14g	88g
of which sugars	2.5g	16g
Fibre	1.5g	9.7g
Fat	4.4g	28.4g
of which saturated	2g	12.8g
Sodium	82mg	528mg

Allergens: Sulphites, Egg, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Butternut Chunks <i>cut into bite-sized pieces</i>
225ml	300ml	Orzo Pasta
450g	600g	Line-caught Swordfish Fillet
1	1	Onions <i>peel & finely dice ¾ [1]</i>
2	2	Garlic Cloves <i>peel & grate</i>
22.5ml	30ml	NOMU Spanish Rub
2	2	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
150ml	200ml	Fresh Cream
45ml	60ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway).

2. OR-ZO GOOD! Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

3. FLIPPING GOOD FISH When the butternut has 15-20 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the swordfish dry with paper towel. When hot, fry the fish until golden and cooked through, 2-3 minutes per side (depending on the thickness of the fish fillet). Remove from the pan.

4. SPICY, CREAMY & DREAMY Return the pan, wiped down, to medium heat with a drizzle of oil. Fry the onion until soft, 2-3 minutes (shifting occasionally). Add the garlic, the NOMU rub, and the chilli (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the cream and 150ml [200ml] of water. Simmer until slightly thickened, 3-4 minutes.

5. SWORDFISH Once the sauce has thickened, add the browned swordfish and simmer until cooked through, 1-2 minutes. Add the lemon juice (to taste) and season.

6. FINAL FLAIR Add the roasted butternut and ½ the parsley to the orzo. Mix until combined.

7. INDULGE! Plate up the loaded orzo. Top with the swordfish and the creamy sauce. Sprinkle over the remaining parsley. Well done, Chef!