

UCCOOK

Grilled Swordfish & Orzo

with sun-dried tomato & olives

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	560kJ	2703kJ
Energy	134kcal	646kcal
Protein	8.7g	41.8g
Carbs	15g	71g
of which sugars	3.2g	15.6g
Fibre	1.4g	7g
Fat	3.6g	17.5g
of which saturated	0.7g	3.3g
Sodium	179mg	865mg

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

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Line-caught Swordfish Fillet/s
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
75ml	150ml	Orzo Pasta
30ml	60ml	White Wine
25g	50g	Sun-dried Tomatoes <i>drain & roughly chop</i>
5ml	10ml	Chicken Stock
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Sugar/Sweetener/Honey
Seasoning (salt & pepper)
Butter

1. GOLDEN FISH Boil the kettle. 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). In the final minute, baste with a knob of butter. Remove from the pan and season.

2. ONE-PAN ORZO Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Add the onion and fry for 3-4 [4-5] minutes until soft, shifting occasionally. Add the garlic and fry for 1 minute until fragrant (shifting constantly). Add the orzo and mix until coated. Add the wine, the sun-dried tomatoes, the chicken stock, and 300ml [600ml] boiling water. Simmer until al dente, 8-12 minutes.

3. FINISHING TOUCHES When the orzo has 1-2 minutes remaining, add the olives, and ½ the parsley. Top the orzo with the golden fish. Season with the lemon juice (to taste), a sweetener (to taste), and seasoning.

4. PLATE UP Plate up the orzo topped with the fish and garnish with the remaining parsley. Dive in, Chef!