

UCCOOK

Japanese Swordfish & Roasted Butternut

with a pickled onion & cucumber salad

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	332kj	1846kj
Energy	80kcal	442kcal
Protein	5.9g	32.6g
Carbs	9g	48g
of which sugars	4g	22g
Fibre	1g	7g
Fat	1.8g	9.8g
of which saturated	0.4g	2.2g
Sodium	321mg	1780mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1000g	Butternut Chunks <i>cut into bite-sized chunks</i>
22.5ml	30ml	NOMU One For All Rub
1	1	Onion <i>peel & finely slice ¾ [1]</i>
150g	200g	Cucumber <i>rinse & cut into rounds</i>
90ml	120ml	Pickling Liquid <i>22.5ml [30ml] Honey & 67.5ml [90ml] Red Wine Vinegar</i>
375g	500g	Line-caught Swordfish Fillet
90ml	120ml	Teriyaki Sauce
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
22.5ml	30ml	Spicy Sesames <i>2.5ml [5ml] Chilli Flakes & 7.5ml [10ml] Sesame Seeds</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. **OM NOM NOMU VEG** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional) and the NOMU Rub. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. **QUICK PICKLE** In a bowl, combine the onion, cucumber and pickling liquid. Add a splash of water and set aside to pickle.

3. **TASTY TERIYAKI FISH** Place a pan over medium heat. Pat the fish dry with paper towel and coat in cooking spray (or an oil of your choice). 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 the teriyaki sauce and remove the pan from the heat.

4. **SPICY SEAFOOD** Plate up the salad leaves, topping with the pickled onion and cucumber. Drizzle a bit of the pickling liquid over the salad as a dressing. Side with the roasted butternut and teriyaki fish. Garnish the fish with the spicy sesames. Just like that, supper is ready!