



UCOOK

Romesco-style Sweet Potato & Swordfish

with a butter & almond sauce

Romesco sauce was created by Spanish fishermen to be eaten with fish. But as usual, we're switching it up and pairing it with vibrant sweet potato instead. Don't worry - the dish still features a fried swordfish fillet with a drizzle of nutty-almond butter sauce. Served with an artichoke & sweet vinaigrette salad.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Wild Flower Rosé

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Ingredients & Prep

750g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
90g	Almonds
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
90g	Piquanté Peppers <i>drain</i>
2	Garlic Cloves <i>peel & grate</i>
7,5ml	Smoked Paprika
30ml	Lemon Juice
3	Swordfish Fillets
15ml	NOMU Seafood Rub
30ml	Raspberry Vinegar
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Artichoke Quarters <i>drain & roughly slice</i>

From Your Kitchen

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

1. SWEET (S)POT Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain, return to the pot and set aside.

2. TOASTIN' Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set $\frac{3}{4}$ of the nuts aside for Step 4. Roughly chop the remaining $\frac{1}{4}$ for Step 3.

3. LIQUID GOLD Return the pan to medium heat with a drizzle of oil and 30g of butter. Melt the butter until lightly browned, 3-5 minutes. Remove from the pan and add the chopped almonds and $\frac{1}{2}$ the chopped parsley. Set aside.

4. RED ROMESCO Return the pan to medium heat with a drizzle of oil. When hot, add the diced peppers and fry until beginning to char, 4-5 minutes (shifting occasionally). Add the grated garlic and the paprika. Fry until fragrant, 1-2 minutes (shifting constantly). Place in a blender along with the remaining almonds, the lemon juice (to taste), seasoning, and a generous drizzle of olive oil. Pulse until smooth. Loosen with a splash of water or oil, if necessary, until a drizzling consistency.

5. FLIPPING GOOD FISH Return the pan to 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 and the NOMU. Remove from the pan and season.

6. OKEY-DOKEY ARTICHOKE When the sweet potato is done, place in a bowl. Add the romesco sauce, the remaining parsley, and seasoning. Mix until combined. In a bowl, combine the vinegar, a sweetener (to taste) and a drizzle of olive oil. Add the rinsed salad leaves, the sliced artichokes, and seasoning.

7. PLEASANT MOMENT Plate up the romesco sweet potato. Side with the pan-fried swordfish and drizzle over the nutty butter sauce. Side with the artichoke salad. Brilliant, Chef!

Nutritional Information

Per 100g

Energy	524kJ
Energy	125kcal
Protein	7.8g
Carbs	11g
of which sugars	4.2g
Fibre	2.1g
Fat	4.8g
of which saturated	0.7g
Sodium	127mg

Allergens

Allium, Sulphites, Fish, Tree Nuts, Cow's Milk

Eat
Within
1 Day