



UCCOOK

Sesame-Soy Swordfish

with lemon mash & a pineapple salsa

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	412kJ	2071kJ
Energy	99kcal	495kcal
Protein	7.8g	39.1g
Carbs	11g	54g
of which sugars	2.8g	14.2g
Fibre	1.6g	7.9g
Fat	3g	15g
of which saturated	0.6g	3.2g
Sodium	109mg	548mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	Lemon Juice
15ml	20ml	Black Sesame Seeds
15g	20g	Fresh Ginger <i>peel & grate</i>
60ml	80ml	Dipping Sauce <i>(37,5ml [50ml] Low Sodium Soy Sauce, 15ml [20ml] Rice Wine Vinegar & 7,5ml [10ml] Sesame Oil)</i>
160g	160g	Fresh Pineapple Chunks <i>drain & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse & finely chop</i>
2	2	Spring Onions <i>trim & thinly slice</i>
3	4	Line-caught Swordfish Fillets
30ml	40ml	Swordfish Seasoning <i>(7,5ml [10ml] Garlic Powder, 7,5ml [10ml] Onion Powder, 7,5ml [10ml] Smoked Paprika & 7,5ml [10ml] Dried Thyme)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Seasoning (salt & pepper)
Butter
Paper Towel

1. **TANGY MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. **SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **FLAVOURS OF UMAMI** Return the pan to low heat. Add the ginger and the dipping sauce. Simmer until warmed through, 30-60 seconds. Remove from the pan, season, and set aside.

4. **PINEAPPLE SALSA** In a bowl, toss together the pineapple pieces, the spring onion, ½ the coriander, a drizzle of olive oil and seasoning. Set aside.

5. **GOLDEN FISH** Place a grill pan or return the pan to medium-high heat with a drizzle of oil. Pat the fish 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 swordfish seasoning. Remove from the pan and set aside.

6. **DELICIOUS DINNER** Pile up a generous helping of lemon mash, side with the golden swordfish, and the pineapple salsa. Garnish with the toasted sesame seeds and the remaining coriander. Serve the dipping sauce on the side.