



# U C O O K

— COOKING MADE EASY

## CAPE MALAY SWORDFISH

with curried onions & caramelised golden sultanas

Set off on a Cape Malay taste adventure with these warm, decadent flavours. The meaty texture and mild sweetness of Swordfish is enhanced by crispy lentils, fluffy basmati, and a sweet, spicy sauce.

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**Prep + Active Time:** 30 minutes

**Total Cooking Time:** 35 minutes

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 **Serves:** 1 person

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 **Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients

100 ml	White Basmati Rice
40 g	Peas
60 g	Lentils
	<i>drained &amp; rinsed</i>
20 g	Golden Sultanas
1	Onion
	<i>one half peeled &amp; finely sliced</i>
10 ml	Cape Malay Curry Paste
15 ml	Rice Wine Vinegar
4 g	Fresh Dill
	<i>rinsed &amp; roughly chopped</i>
25 ml	That Mayo Original Mayo
1	Swordfish Fillet
20 g	Green Leaves
	<i>rinsed</i>

## From Your Kitchen

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



### CHEF'S TIP

For the rice, try to keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure it's as fluffy as possible!

## 0. RICE & PEAS

Preheat the oven to 180°C. Rinse the rice and place in a pot. Submerge it in 225ml of salted water. Cover with a lid and bring to the boil. Once boiling, reduce the heat and allow to simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and allow it to steam with the lid on for a further 10 minutes. On completion, fluff with a fork and gently mix in the peas.

## 1. CRISPY BIT S

Place the drained lentils on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until the lentils are crispy. At the halfway mark, give them a shift and add the golden sultanas to the tray. Return to the oven and roast for the remaining 10-15 minutes

## 2. CAPE MALAY ONIONS

Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 4-5 minutes until soft and translucent. Reduce to a low heat and add the Cape Malay Curry Paste to taste. Gently fry for about a minute until aromatic. Pour in half of the rice wine vinegar and 100 ml of water to deglaze the pan. Add seasoning and a sweetener of choice to taste. Bring to a simmer and cook for a further 3-4 minutes. Remove from the pan on completion and set aside.

## 3. DILL-MAYO

Place three-quarters of the chopped dill in a bowl with the mayo and mix well. Slowly loosen with 5ml of water and the remaining half of the rice wine vinegar to taste.

## 4. FISH

Return the pan to a medium-high heat with a drizzle of oil. Pat the Swordfish dry with some paper towel and season. When the pan is hot, fry the fish on one side for 2-3 minutes until golden. Flip, add a knob of butter, and fry for another 2-3 minutes. Put the Cape Malay onions back into the pan. Allow the fish to cook in the sauce for 1-2 minutes, using the sauce to baste it until well coated and cooked through. Remove from the heat on completion.

## 5. PLATE UP!

Make a bed of green leaves and pile on some rice. Sprinkle with the crispy lentils and golden sultanas. Top with the Cape Malay swordfish and curried-onion sauce. Drizzle over the dill mayo and garnish with the remaining fresh dill. Delicious, Chef!

## Nutritional Information

### Per Serving

Energy (kj)	4369
Energy (kcal)	1045
Protein	59
Carbs	133
of which sugars	21
Fibre	20
Fat	22
of which saturated	5
Salt	1

Cook within: 1 days

Allergens: Egg Allium Fish



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Gluten-free