

QCOOK

Soy-baked Potato & Flaked Swordfish

with creamy sriracha mayo & spring onion

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 437kJ | 2039kJ |
| Energy | 104kcal | 488kcal |
| Protein | 8.6g | 40.1g |
| Carbs | 9g | 43g |
| of which sugars | 1g | 7g |
| Fibre | 2g | 7g |
| Fat | 3.8g | 17.9g |
| of which saturated | 0.8g | 3.5g |
| Sodium | 172mg | 803mg |

Allergens: Sulphites, Fish, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse</i> |
| 15ml | 20ml | Tamari Sauce |
| 450g | 600g | Line-caught Swordfish Fillet |
| 7.5ml | 10ml | NOMU Seafood Rub |
| 150ml | 200ml | Srirach Mayo <i>(37,5ml [50ml] Mayo, 90ml [120ml] Low Fat Cottage Cheese & 22,5ml [30ml] Sriracha Sauce)</i> |
| 120g | 160g | Green Leaves <i>rinse & finely shred</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice</i> |

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. SOY-BAKED POTATO Preheat the oven to 220°C. Cut the potato in half lengthways and place on the tray – don't remove the skin! Lightly coat in cooking spray, the tamari sauce, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes. Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway.)

2. FAB FISH When the roast has 10-15 minutes to go, place a pan over medium-high heat and lightly add cooking spray. 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 30-60 seconds, spice with the NOMU rub. Remove from the pan and season.

3. SOME PREP Using two forks, gently shred the swordfish and add to a bowl. Mix in the sriracha mayo, the green leaves, and ½ of the spring onion. Mix until combined and season.

4. DINNER IS READY Dish the potatoes cut side up, top with the creamy sriracha fish mixture, and garnish with the remaining spring onion. Well done, Chef!

Chef's Tip A fork or fish spatula works best for gentle flaking, or use your hands once the fish has cooled slightly.