



UCCOOK

Jamaican-style Swordfish

with roasted butternut & onion

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	332kj	1881kj
Energy	79kcal	450kcal
Protein	6.2g	35.2g
Carbs	8g	47g
of which sugars	3g	18g
Fibre	1g	7g
Fat	1.8g	10.5g
of which saturated	0.4g	2.5g
Sodium	25mg	142mg

Allergens: Sulphites, Fish, Gluten, Wheat, Allium

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
16g	20g	Mixed Herbs <i>8g [10g] Fresh Coriander & 8g [10g] Fresh Parsley</i>
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
15ml	20ml	Old Stone Mill Jerk Seasoning
180g	240g	Tinned Pineapple Pieces
2	2	Spring Onions <i>rinse, trim & finely slice</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
45ml	60ml	Lemon Juice
2	2	Garlic Cloves
450g	600g	Line-caught Swordfish Fillets
90ml	120ml	Cake Flour

From Your Kitchen

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

1. FRESH HERBS Preheat the oven to 200°C. Rinse and separate the herbs. Pick and finely chop the coriander, and pick and roughly chop the parsley.

2. JERK-SPICED VEG Spread the butternut and onion on a roasting tray. Lightly coat with cooking spray or oil (optional), the jerk seasoning, and seasoning. 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).

3. SWEET & SPICY RELISH To a bowl, add the pineapple, spring onion (to taste), coriander, chilli (to taste), and ½ the lemon juice (to taste). Toss to combine, season, and set aside in the fridge.

4. FOR THE FISH In a small bowl, combine the remaining lemon juice, the garlic, ½ the parsley, and set aside.

5. SENSATIONAL SWORDFISH Place a pan over medium heat. Pat the swordfish dry with paper towel and lightly coat with the flour and cooking spray or oil (optional). 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 1-2 minutes, add the garlic and parsley mixture. Remove from the pan, reserving the herby garlic mixture, and season.

6. DIVE INTO DINNER Serve the roasted butternut and onion alongside the crispy fish. Spoon the reserved herby garlic over the fish and serve the pineapple and fresh chilli relish on the side. Garnish with the remaining parsley.