



UCCOOK

Italian-Style Basa

with basil pesto & sun-dried tomatoes

Buttery basa fillet and quinoa tumbled with grilled baby marrow, sun-dried tomatoes and fresh baby tomatoes. Dip your dinnertime toes into the bright, clean waters of Mediterranean flavour.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tess Witney

♥ Health Nut

🍷 Anthonij Rupert | Cape of Good Hope Altima
Sauvignon Blanc

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Ingredients & Prep

300ml	Quinoa
400g	Baby Marrow <i>rinsed, halved lengthways & sliced into bite-sized pieces</i>
80ml	Pesto Princess Basil & Lemon Pesto
4	Basa Fillets
20ml	NOMU Italian Rub
80g	Sun-dried Tomatoes <i>roughly chopped</i>
400g	Baby Tomatoes <i>quartered</i>
2	Lemons <i>zested & cut into wedges</i>
80g	Green Leaves <i>rinsed & roughly shredded</i>
12g	Fresh Basil <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. FLUFFY QUINOA Rinse the quinoa and place in a pot. Submerge in 800ml of salted water. Bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required. On completion, drain the quinoa if necessary and return to the pot. Cover with a lid and allow it to stand for 5 minutes.

2. FRYING MOMENT Place a pan on a medium heat with a drizzle of oil. Fry the baby marrow pieces for 5-6 minutes until golden. Season to taste, remove from the pan, and place in a large salad bowl. Loosen the pesto with olive oil until drizzling consistency.

3. GOLDEN BASA Pat the basa dry with some paper towel and season with the Italian Rub. Wipe down the pan, if necessary, and return to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the basa for 2-3 minutes on each side until golden and cooked through. On completion, remove from the pan and season.

4. COMBINE In the large salad bowl, toss the baby marrow, the cooked quinoa, chopped sun-dried tomatoes, 40ml of olive oil, the quartered tomatoes, the lemon zest, a squeeze of lemon juice (to taste), and ½ of the pesto. Season to taste.

5. DINNER IS SERVED Time to plate up! Make a bed of green leaves and top with the loaded quinoa salad. Lay over the golden basa. Garnish with dollops of the remaining pesto, chopped basil and a lemon wedge. Finish off with a drizzle of olive oil for some flair. Buon Appetito!



Chef's Tip

Grains like quinoa should be rinsed thoroughly with cold water before cooking to remove excess starch. Doing so also gets rid of any dirt. All in all, rinsing improves taste, texture, and cleanliness!

Nutritional Information

Per 100g

Energy	409kj
Energy	98Kcal
Protein	9.1g
Carbs	12g
of which sugars	2.2g
Fibre	1.9g
Fat	2.2g
of which saturated	0.3g
Sodium	66mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days