

U C O O K

— COOKING MADE EASY

SMOKY CAJUN BASA

with roast baby potatoes, crispy onions & a charred corn and bean chilli

Rejoice in Spring with fresh, spicy flavours. This light basa fillet comes pan-fried in Cajun spices, with extra smokiness from charred corn and beans, rippled with coriander-chilli pesto. And oh, how we love those crunchy pockets of potato!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 **Easy Peasy**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
20g	Green Leaves <i>rinsed</i>
1	Lime <i>zested & cut into wedges</i>
30g	Corn
60g	Kidney Beans <i>drained & rinsed</i>
25ml	Pesto Princess Coriander & Chilli Pesto
1	Basa Fillet
10ml	NOMU Cajun Rub
3g	Fresh Chives <i>rinsed & roughly chopped</i>
10g	Crispy Onions

From Your Kitchen

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

1. ROAST THE BABY POTATOES Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season to taste, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. GREEN VIBES Place the rinsed green leaves in a bowl with a drizzle of olive oil. Add some lime juice, lime zest, and seasoning to taste. Toss together and set aside for serving.

3. CHARRED CORN & BEANS When the roast potatoes are halfway, place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until lightly charred, shifting occasionally. Add the drained kidney beans and the coriander & chilli pesto. Fry for 2-3 minutes until heated through and well combined, shifting constantly. On completion, transfer to a bowl and season to taste. Cover to keep warm and set aside for serving.

4. PAN FRY THE CAJUN BASA Pat the basa dry with some paper towel and coat in some seasoning and the Cajun Rub to taste. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fish for 2-3 minutes per side until cooked through and golden. During the final 1-2 minutes, baste the fish with a knob of butter (optional). Remove from the pan on completion.

5. DREAMY CAJUN DINNER Make a bed of zesty green leaves, scatter with the golden potatoes, and cover with a layer of charred corn and kidney beans. Top with the Cajun-spiced basa fillet and sprinkle over the chopped chives and crispy onions. Enjoy with a squeeze of lime juice and some lime zest to taste. Delish, Chef!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

Nutritional Information

Per 100g

Energy	472kJ
Energy	113Kcal
Protein	8g
Carbs	8g
of which sugars	1.6g
Fibre	2g
Fat	3.1g
of which saturated	0.5g
Sodium	169mg

Allergens

Gluten, Allium, Wheat, Fish

Cook
within 2
Days