



UCOOK

Blissful Basa Taco Bowl

with quick cauli rice & guacamole


Enjoy this bowl of straight up deliciousness! Essentially this dish is a deconstructed taco, with flaky basa fillet as the main event and with all the other classic taco ingredients too: corn, tomato, guac, coriander and a squeeze of lime! This taco-licious bowl also has a bonus element that brings it all together; zesty homemade cauliflower rice!


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Carb Conscious

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

800g	Cauliflower Florets
2	Limes <i>zested & cut into wedges</i>
120g	Corn
4	Basa Fillets
80g	Green Leaves <i>rinsed</i>
30ml	NOMU Mexican Spice Blend
2	Tomatoes <i>roughly diced</i>
160g	Guacamole
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>

From Your Kitchen

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

1. CAULI ME SOMETIME! Grate the cauliflower florets. Alternatively, pulse in a blender or food processor until it resembles rice. Place a pan, with a lid, over a high heat with a drizzle of oil. When hot, fry the cauli rice for 12-15 minutes, shifting occasionally, until softened. In the final 5 minutes, cover with the lid. Remove from the pan on completion and place in a bowl. Add $\frac{3}{4}$ of the lime zest and seasoning. Cover to keep warm and set aside for serving.

2. FRY THE CORN Return the pan to a high heat, wiped down if necessary, with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Remove from the pan and set aside for serving.

3. SHOW THEM WHO'S BASA Pat the basa dry with some paper towel and coat in the spice blend (to taste) and seasoning. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes on each side until cooked through and golden. You may need to do this step in batches. Remove from the pan on completion. Just before serving, toss the rinsed green leaves with a squeeze of lime juice, drizzle of oil, and some seasoning to taste.

4. EVERYDAY IS TACO TUESDAY! Plate up the zesty cauli rice, the diced tomato, the charred corn and dressed green leaves side by side in a circular direction. Lay the basa on top and squeeze some lime juice over. Dollop over the guacamole. Sprinkle with the chopped coriander, the chopped chilli (to taste), and the remaining lime zest. Side with any remaining lime wedges. Wow, Chef!

Nutritional Information

Per 100g

Energy	260kJ
Energy	62Kcal
Protein	6.3g
Carbs	4g
of which sugars	1.8g
Fibre	1.6g
Fat	1.9g
of which saturated	0.4g
Sodium	83mg

Allergens

Allium, Fish

Cook
within 2
Days