



# UCOOK

## Basa & Loaded Lentil Salad

with fresh mint, Danish-style feta & green leaves

Golden pan-fried basa is sided with a simple yet divine loaded lentil salad. No need to bust out all the pots and pans for this minty moment - it's ready in no time!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Creation Wines | Creation Sauvignon Blanc/Semillon

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## Ingredients & Prep

15ml	Dijon Mustard
45ml	Red Wine Vinegar
90ml	Low Fat Plain Yoghurt
360g	Tinned Lentils <i>drained &amp; rinsed</i>
2	Tomatoes <i>1½ cut into thin wedges</i>
1	Red Onion <i>¾ peeled &amp; finely sliced</i>
60g	Green Leaves <i>rinsed</i>
12g	Fresh Mint <i>rinsed &amp; picked</i>
150g	Cucumber <i>cut into half-moons</i>
60g	Danish-style Feta <i>drained</i>
3	Basa Fillets
22,5ml	Spice & All Things Nice Cape Bay Seasoning

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. MUSTARD-LEMON DRESSING** In a small bowl, combine the mustard, the vinegar, seasoning, 30ml of olive oil, and 15ml of a sweetener. Set aside. Loosen the yoghurt with a splash of water and season to taste. Set aside.

**2. SALAD ASSEMBLY** In a bowl, combine the drained lentils, the tomato wedges, the sliced onion, the rinsed green leaves, ½ the picked mint, and the cucumber half-moons. Crumble in the drained feta and add the mustard-vinegar dressing. Toss until fully coated.

**3. BASA PARTY** Pat the basa dry with paper towel and coat in the Cape Bay Seasoning (to taste) and season. Place a pan over 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.

**4. TIME TO DINE!** Plate up the loaded lentil salad. Side with the basa drizzled with the loosened yoghurt. Sprinkle over the remaining mint. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	440kJ
Energy	105kcal
Protein	10.3g
Carbs	12g
of which sugars	2.2g
Fibre	4.2g
Fat	2.2g
of which saturated	0.9g
Sodium	109mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 1  
Day