



UCOOK

Quinoa-crumbed Basa

with gem squash, almonds & Danish-style feta

This mouthwatering basa number is carb conscious, guilt free and veg-packed! So tuck in with confidence! A ground almond and quinoa crumb tops this beautiful fish. It is served with oven-roasted gem squash and a nutritious green salad. Wholesome and yum!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 No paired wines

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Ingredients & Prep

1	Gem Squash <i>halved & deseeded</i>
5g	Almonds
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>finely diced</i>
5g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
40g	Danish-style Feta <i>drained</i>
50ml	Guilt-free Crumb <i>(25ml BIO XXI Quinoa Flakes & 25ml Ground Almonds)</i>
1	Basa Fillet

From Your Kitchen

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

1. WHAT A GEM! Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season to taste. Roast in the hot oven for 20-25 minutes until cooked through and soft. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining cooking time. Remove from the oven on completion.

2. TOASTY Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and roughly chop.

3. FRESH AS EVER In a salad bowl, combine the rinsed green leaves with a drizzle of oil and some seasoning. Just before serving, toss through the diced cucumber, ½ the chopped oregano, and the drained feta.

4. GUILT-FREE CRUMB Return the pan to a medium heat with a drizzle of oil. Add the crumb and fry until golden, about 2-3 minutes, shifting occasionally. Remove from the pan on completion. Pat the basa dry with paper towel. Rub some oil into the fillet until well coated, season, and place on a lightly oiled baking tray. Top the fillet with the fried crumb. Pop in the hot oven and bake for 7-10 minutes until the basa is cooked through.

5. ENJOY! Plate up the gloriously crumbed basa and side with the steaming gem squash halves. Serve the green salad on the side and garnish with the toasted almonds. Sprinkle over the remaining oregano to taste.

Nutritional Information

Per 100g

Energy	474kJ
Energy	113Kcal
Protein	10.3g
Carbs	6g
of which sugars	0.6g
Fibre	1.5g
Fat	5g
of which saturated	1.8g
Sodium	113mg

Allergens

Dairy, Fish, Tree Nuts

Cook
within 2
Days