



UCOOK

Turkish Basa & Lentils

with hummus slaw

Taste the Turkish coastline with a beautifully spiced basa fillet on a bed of peppery rocket, crispy lentils, and a whole lotta hummus.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Lauren Todd

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

200g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Onion <i>peeled & cut into wedges</i>
240g	Lentils <i>drained & rinsed</i>
10ml	NOMU Moroccan Rub
20g	Sunflower Seeds
5g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
100ml	Plain Yoghurt
100ml	Hummus
150g	Julienne Carrot
2	Basa Fillets
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROAST ONIONS & LENTILS Preheat the oven to 180°C. Place the sliced green beans and onion wedges, and the drained lentils on a roasting tray. Coat in oil, ½ the Moroccan Rub, season (to taste) and toss to coat. Roast in the hot oven for 20-25 minutes until the veggies are cooked through and the lentils are turning crispy.

2. SUNFLOWER SEEDS Place a nonstick pan over a medium heat with the sunflower seeds. Toast for 3-5 minutes until golden. Remove from the pan and set aside to cool.

3. DRESSINGS In a bowl, combine ½ the chopped parsley and the plain yoghurt with some seasoning. Loosen the hummus with a drizzle of oil and water in 5ml increments until drizzling consistency. Toss the julienne carrots through the hummus and season.

4. PAN-FRY THE BASA When the roasting veggies have 5 minutes to go, return the pan to a medium-high heat with a drizzle of oil and a knob of butter. Pat the basa dry, coat in the remaining Moroccan Rub (or to taste) and season. When the pan is hot, fry the basa for 1-2 minutes on each side until golden and cooked through. Remove from the pan and season.

5. TIME TO PLATE UP! Make a bed of rinsed green leaves, load it up with the hummus carrot slaw and the roasted green beans, lentils, and onions. Top with the golden basa, a dollop of the parsley yoghurt, and a sprinkle of sunflower seeds and the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	448kJ
Energy	107Kcal
Protein	9.6g
Carbs	13g
of which sugars	2.5g
Fibre	4.4g
Fat	2.2g
of which saturated	0.5g
Sodium	102mg

Allergens

Dairy, Allium, Sesame, Sulphites, Fish

Cook
within 2
Days