



U C O O K

— COOKING MADE EASY

Fragrant Cape Basa

with Cape Malay curried veg, brown basmati & charred peppers

Incorporating Cape Malay-inspired flavour pairings, this dish has a whole lot of spice and tang! Basmati rice with charred pickled peppers and corn, a golden basa fillet, and a subtle, vinegary bite from curried baby spinach, onion, and garlic.

Hands-On Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

300ml	Brown Basmati Rice
40g	Sunflower Seeds
200g	Corn
160g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4	Basa Fillet
2	Onion <i>peeled & finely sliced</i>
3	Garlic Clove <i>peeled & grated</i>
60ml	Spice and All Things Nice Cape Malay Curry Paste
200g	Spinach <i>rinsed & roughly shredded</i>
40ml	White Wine Vinegar
20ml	Vegetable Stock
10g	Fresh Mint <i>rinsed, picked & roughly sliced</i>

From Your Kitchen

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

1. BUBBLING BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 20-25 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. TOAST THE SEEDS Place a deep, nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CHARRED CORN & PEPPERS Return the pan to a high heat with a drizzle of oil. When hot, char the corn and chopped pickled peppers for 5-6 minutes, shifting occasionally. Remove from the pan on completion and place in a bowl. When the rice is cooked, toss through the charred veg and season to taste. Replace the lid and set aside for serving.

4. PAN FRY THE BASA Pat the basa fillets dry with some paper towel and season. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fillets for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

5. LOCAL FLAVOUR Return the pan to a medium heat with another drizzle of oil. When hot, fry the sliced onion for 8-10 minutes until soft, shifting occasionally. Add the Cape Malay curry paste (to taste) and the grated garlic, and sauté for about a minute until fragrant. Add the shredded spinach and sauté for 3-4 minutes until wilted. Mix in the white wine vinegar, stock, and 500ml of water. Season with salt, pepper, and a sweetener of choice to taste. Increase the heat and simmer for 5-7 minutes, stirring occasionally. Return the fillets to the pan and heat through for 2-3 minutes, continuously basting in the sauce. Remove the pan from the heat.

6. LEKKER EET! Make a bed of veg-filled basmati. Top with the saucy basa and smother in spoonfuls of curried spinach and onion. Garnish with the toasted sunflower seeds and the fresh, sliced mint. Enjoy, Chef!



Chef's Tip

Brown rice is a whole grain, meaning that it has a high fiber content. This helps to lower cholesterol, improve gut health, and sustain a feeling of fullness. It can be used as a base in a whole host of recipes in place of the more refined grains like white rice or pasta.

Nutritional Information

Per 100g

Energy	545kJ
Energy	130Kcal
Protein	9.7g
Carbs	17g
of which sugars	2.6g
Fibre	2.1g
Fat	2.6g
of which saturated	0.3g
Sodium	384mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days