



# U C O O K

— COOKING MADE EASY

## Dukkah-Baked Basa

**with roast root veg, hummus slaw & balsamic glaze**

Dukkah is a Middle Eastern condiment made from herbs, spices, and ground nuts. Its crunchy texture and rich flavour elevates any dish! This dukkah-crusted basa comes with roast carrots and baby potatoes and hummus-dressed slaw.

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients & Prep

200g	Baby Potatoes <i>rinsed &amp; halved</i>
120g	Carrot <i>cut into long wedges</i>
50ml	Hummus
1	Lemon <i>one half zested &amp; cut into wedges</i>
1	Basa Fillet
15ml	Dukkah Spice
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
75g	Shredded Cabbage
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
10ml	Balsamic Glaze

## From Your Kitchen

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

**1. ROAST THE ROOTS** Preheat the oven to 200°C. Place the halved baby potatoes and carrot wedges on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. WHISK TOGETHER THE DRESSING** Place the hummus in a bowl. Combine with the juice of 1 lemon wedge, a drizzle of olive oil, and some seasoning. Whisk in water in 5ml increments until drizzling consistency and set aside.

**3. SPICY BAKED BASA** When the roast veggies have 5 minutes remaining, pat the basa fillet dry with some paper towel and place on a lightly greased baking tray. Coat in oil and the dukkah spice. Bake in the oven for 4-5 minutes until cooked through.

**4. CREAMY, DREAMY SLAW** Place the shredded green leaves, the shredded cabbage, and three-quarters of the chopped parsley in a bowl. Toss through the lemony hummus dressing and season to taste.

**5. TIME TO DINE** Plate up the hummus slaw next to the roast carrots and baby potatoes, and top with the fragrant basa. Drizzle with the balsamic glaze, sprinkle over the remaining chopped parsley, and garnish with the lemon zest to taste. Serve with a lemon wedge on the side. Eat up, Chef!



## Chef's Tip

Sunflower seeds are high in vitamin E, which is an antioxidant that helps destroy free radicals, protecting the body's cells from damage. Use them in salads, porridge, smoothies, or baked goods for a healthy crunch.

## Nutritional Information

Per 100g

Energy	357kJ
Energy	85Kcal
Protein	6.4g
Carbs	11g
of which sugars	3.6g
Fibre	1.8g
Fat	1.8g
of which saturated	0.4g
Sodium	111mg

## Allergens

Allium, Sesame, Peanuts, Sulphites,  
Fish, Tree Nuts

Cook  
within 2  
Days