



# U C O O K

— COOKING MADE EASY

## GREEK BASA

**with olive-packed basil pesto & roast sweet potato**

Sail away on the ease of this one-tray bake: roast sweet potato, crispy kale, blistered baby tomatoes, and basa smothered in zesty butter. No travel? No problem! Here's a culinary cruise in the Greek Isles.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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**Health Nut**

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## Ingredients & Prep

250g	Sweet Potato rinsed & cut into half-moons
15ml	Pesto Princess Basil Pesto
1	Lemon zested & cut into wedges
25g	Pitted Kalamata Olives drained & roughly chopped
100g	Kale rinsed & shredded
150g	Baby Tomatoes rinsed & halved
1	Basa Fillet
30g	Feta drained
3g	Fresh Mint rinsed & picked

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

**2. SUCCULENT SWEET POTATO** Preheat the oven to 200°C. Weigh out 10g of butter and place in a bowl. Set aside to come up to room temperature. Spread out the sweet potato half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through.

**3. OLIVE & BASIL DRESSING** Combine the basil pesto with 1 tsp of olive oil, some lemon zest to taste, and three-quarters of the chopped olives. Set aside for serving.

**4. KALE & BUTTER BASTING** Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and seasoning to taste. Using your hands, gently massage the kale until softened and coated in oil. Combine the softened butter with some lemon zest and seasoning to taste.

**5. GET BAKING** When the sweet potato has reached the halfway mark, flip them over and shift to the sides of the tray. Spread out the halved baby tomatoes in the middle, coat in oil, and season. Pat the basa fillet dry with some paper towel and pop on top of the tomatoes. Spread the zesty butter over the upper side of the fillet and scatter the kale over the rest of the tomatoes. Return the packed roast to the oven for a further 10-15 minutes. Remove from the oven when the fish is cooked through, the kale is crispy, the tomatoes have blistered, and the sweet potato is crisping up.

**6. DIG IN** Plate up this roasted goodness any way you wish! Drizzle liberally with the olive and basil pesto dressing and crumble over the drained feta. Garnish with the fresh mint leaves and remaining olives. Don't forget a lemon wedge for serving. Bon appétit!



## Chef's Tip

Tomatoes are high in antioxidants and vitamin C. Cherry tomatoes in particular have a slightly higher beta-carotene content than regular, large tomatoes.

## Nutritional Information

Per 100g

Energy	365kj
Energy	87Kcal
Protein	6.2g
Carbs	8g
of which sugars	2.7g
Fibre	1.8g
Fat	3.1g
of which saturated	1.1g
Salt	0.3g

## Allergens

Dairy, Allium, Fish, Tree Nuts

Cook  
within 2  
Days