



U C O O K

— COOKING MADE EASY

Lemon & Garlic Baked Basa

with a roast of balsamic-glazed baby marrow & baby potatoes

Lemon and garlic are basa's best friends. Wrap them together in foil with some fresh dill, bake in the oven, and they're at their flavour best! With pumpkin seed sprinkles and roast veggies caramelised in balsamic vinegar.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Lauren Todd

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

800g	Baby Potatoes <i>rinsed & halved</i>
600g	Baby Marrow <i>rinsed, trimmed & cut into bite-size chunks</i>
2	Lemon <i>zested</i>
10g	Fresh Dill <i>rinsed & roughly chopped</i>
4	Garlic Clove <i>peeled & grated</i>
30ml	NOMU Seafood Rub
4	Basa Fillet
80ml	Balsamic Vinegar
40g	Pumpkin Seeds
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed & sliced into thin half-moons</i>

From Your Kitchen

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

1. READY, GET SET, ROAST! Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 35-40 minutes. Place the baby marrow chunks in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for step 4.

2. LEMONY BASTING Halve the zested lemons and slice off 8 circles for the basa parcels. Cut the rest into wedges. Place the grated garlic, the Seafood Rub, and three-quarters of the chopped dill in a bowl. Mix with 4 tbsp of oil until combined. Add the juice of 4 lemon wedges and some lemon zest to taste. Mix well to combine and set aside.

3. PREP THE BASA Pat the basa dry with paper towel and season lightly. Place each fillet in the centre of a piece of tinfoil (large enough to wrap around the whole fillet). Smear with the basting and top with the lemon circles. Close up tightly to seal them in and place on a baking tray.

4. YOU'RE HALFWAY THERE! When the potatoes reach the halfway mark, remove from the oven and give a shift. Scatter over the dressed baby marrow and drizzle over the balsamic vinegar. Return to the oven for the remaining roasting time until the baby marrow is cooked through and the potatoes are crispy. Pop the fish in the oven and bake for 12-15 minutes until soft and flakey.

5. SEEDS & SALAD STUFF Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Just before serving, toss the rinsed salad leaves and sliced radish with some lemon juice, a drizzle of oil, and seasoning.

6. FRESH & FLAVOURFUL Dish up the balsamic-roasted baby potatoes and marrow alongside the basa parcels. Open them up and sprinkle in the remaining chopped dill. Serve the fresh salad on the side with sprinklings of toasted pumpkin seeds. Now dig in, Chef!



Chef's Tip

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, fiber, and protein. Their versatility makes them a great addition to your diet – from breakfasts to dinners!

Nutritional Information

Per 100g

Energy	299kJ
Energy	72Kcal
Protein	6.9g
Carbs	9g
of which sugars	2.2g
Fibre	1.3g
Fat	0.9g
of which saturated	0.2g
Sodium	124mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day