



UCCOOK

Classy Cajun Basa

with nutty basmati rice, salsa & zesty yoghurt

Beautiful cajun-spiced basa takes centre stage in this class act. All while pickled peppers, zesty yoghurt and a tomato & cucumber salsa decorate a backdrop of nutty brown basmati rice.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

♥ Health Nut

🍷 No paired wines

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

Ingredients & Prep

300ml	Brown Basmati Rice
12g	Fresh Mint <i>rinsed & chopped</i>
2	Plum Tomatoes <i>finely diced</i>
150g	Cucumber <i>finely diced</i>
2	Lemons <i>1½ zested & cut into wedges</i>
150ml	Plain Yoghurt
3	Basa Fillets
30ml	NOMU Cajun Rub
150g	Pickled Bell Peppers <i>drained & roughly chopped</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. RICE & SHINE 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 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. Drain if necessary and fluff up with a fork.

2. SALSA & ZESTY YOGHURT When the rice has 10 minutes remaining, place ½ the chopped mint, the diced tomatoes, the diced cucumber, a drizzle of oil, a squeeze of lemon juice and some seasoning in a bowl. Toss until fully combined. In a small bowl, mix the yoghurt with a pinch of lemon zest, some salt, and pepper.

3. CAJUN BASA Pat the basa dry with some paper towel and coat in the rub and seasoning. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes on each side until cooked through and golden. You may need to do this step in batches. In the final 1-2 minutes, baste with a knob of butter and the chopped pickled peppers.

4. INDULGENCE Make a bed of rinsed green leaves. Top with the nutty brown rice and the cajun basa, as well as the pickled peppers, with all the pan juices. Scatter over the cucumber and tomato salsa and dollop over the zesty yoghurt. Garnish with the remaining mint and any remaining lemon wedges. Gorgeous, Chef!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	439kj
Energy	105Kcal
Protein	8.6g
Carbs	15g
of which sugars	2.4g
Fibre	1.9g
Fat	1.6g
of which saturated	0.5g
Sodium	225mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 2
Days