



U C O O K

— COOKING MADE EASY

MISO-GLAZED BASA

with silky corn purée & charred broccoli

Smoky, charred broccoli, black beans with lime, and a golden corn purée; but stealing the thunder in this lip-smacking dinner is a flavourful basa fillet, pan fried in a honey, miso, and soy sauce glaze.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

| | |
|-------|--|
| 5ml | Black Sesame Seeds |
| 150g | Corn |
| 7.5ml | Vegetable Stock |
| 100g | Broccoli Florets <i>cut into bite-size pieces</i> |
| 1 | Lime <i>cut into wedges</i> |
| 30ml | Miso Glaze <i>(15ml miso, 10ml honey & 5ml soy sauce)</i> |
| 1 | Basa Fillet |
| 120g | Black Beans <i>drained & rinsed</i> |

From Your Kitchen

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

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. SESAME SEEDS Place the black sesame seeds in a large, nonstick pan over a medium heat. Toast for 2-4 minutes, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CORN PURÉE Place the corn in a pot over a medium heat with 40ml of water. Stir in the vegetable stock and bring to a simmer. Cook for 1-2 minutes until heated through. On completion, remove from the heat and pour into a blender or food processor. Blend until smooth. If the consistency is too thick, add a splash of water and blend again. Return to the pot and season to taste. Place over a very low heat to keep warm until serving, but don't let it boil!

4. CHAR THE BROCCOLI Return the nonstick pan to a medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces with some salt and pepper for 5-6 minutes until lightly charred. Add a splash of water, cover with a lid, and simmer for 1-2 minutes until cooked but still al dente. Remove from the pan on completion.

5. MISO VEGGIES In a bowl, combine the Miso Glaze with 1 tsp of water and the juice of 1 lime wedge. Return the pan to a medium-high heat with another drizzle of oil. Add in the drained black beans, cooked broccoli, and half of the Miso Glaze mixture. Toss together and heat through for 1-2 minutes. Remove from the pan on completion, cover to keep warm, and set aside for serving.

6. FRY THE BASA Pat the basa dry with some paper towel and season. Return the pan to a medium-high heat with another drizzle of oil if necessary. When hot, fry the basa for 2-3 minutes per side until cooked through and golden. In the final minute, add the remaining Miso Glaze mixture and use it to baste the fish. Remove the pan from the heat on completion.

7. FLAVOUR FUSION! Serve up some flavourful black beans and charred broccoli. Side with the miso-glazed basa and dollop over the silky corn purée. Garnish with a lime wedge and the toasted sesame seeds. Enjoy!



Chef's Tip

If you don't have a blender, you can mash the corn with a fork or masher for a rustic corn smash!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 445kJ |
| Energy | 106Kcal |
| Protein | 9g |
| Carbs | 14g |
| of which sugars | 4g |
| Fibre | 2g |
| Fat | 2g |
| of which saturated | 0g |
| Salt | 1g |

Allergens

Gluten, Allium, Sesame, Soy, Wheat, Sulphites, Fish

Cook
within 2
Days