



# UCOOK

— COOKING MADE EASY

## Tropical Spiced Basa

with a pineapple-chilli marinade,  
caramelised butternut & tangy salsa

The succulent texture of basa baked in a tinfoil parcel; the fresh punch of its pineapple and chilli glaze; the creamy coolness of coconut yoghurt; the ping of a limey cucumber, red onion, and pea salsa. Island-style daydreams...

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

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250g	Butternut Chunks <i>cut into bite-size pieces</i>
1	Lime
30ml	Coconut Yoghurt
3g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
40g	Peas
1	Red Onion <i>one half peeled &amp; finely diced</i>
50g	Cucumber <i>finely diced</i>
1	Basa Fillet
40g	Baby Spinach <i>rinsed</i>
25ml	Pineapple Hot Sauce

## From Your Kitchen

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

**1. MORSELS OF CRISP BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

**2. PREP THE LIME & COCONUT YOGHURT** Boil the kettle for step 3. Halve the lime and set aside one half for another meal. Slice off 1 circle for the basa and cut the rest into wedges. Place the coconut yoghurt in a small bowl with half of the chopped coriander and some seasoning. Mix to combine and set aside for serving.

**3. WE LOVE TO SALSA!** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a bowl with the diced red onion (to taste), the remaining chopped coriander, and the diced cucumber. Toss together with a squeeze of lime juice. Season and set aside for serving.

**4. PREP & BAKE THE FISH** When the butternut reaches the halfway mark, give it a shift and return to the oven for the remaining cooking time. Pat the basa dry with paper towel and season. Cut a piece of tinfoil – large enough to wrap around the whole fillet. Place the rinsed baby spinach in the centre and cover with the basa. Drizzle with oil and spoon over the pineapple hot sauce to taste. Top with the circle of lime and close up tightly to seal it in, and place on the roasting tray in between the butternut. Bake in the oven for 6-8 minutes until soft and flakey.

**5. DISH IT UP** Plate the chunks of roast butternut alongside the fish parcel. Open it up and sprinkle over a little of the fresh salsa. Serve the remaining salsa on the side with a dollop of coriander yoghurt. Garnish with any remaining lime wedges and serve the remaining yoghurt on the side to add to your meal as you please. Dig in, Chef!



## Chef's Tip

Be careful, the pineapple hot sauce is hot.  
Taste it first and use at your own risk!

## Nutritional Information

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Per 100g

Energy	275kJ
Energy	66Kcal
Protein	5.8g
Carbs	8g
of which sugars	3.4g
Fibre	1.5g
Fat	0.7g
of which saturated	0.3g
Sodium	28mg

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## Allergens

Allium, Sulphites, Fish

Cook  
within 2  
Days