



U C O O K

— COOKING MADE EASY

BASA EN PAPILOTE

with fresh lemon, garlic, leeks & a side of savoury vegetable rice

It tastes as classy as it sounds. This basa fillet is cooked 'en papillote': baked in a tinfoil pouch with parsley, leeks, lemon, garlic, and a seafood rub. Open it just before tucking in to release the fragrant steam and get your appetite going!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Health Nut**

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Ingredients & Prep

75ml	Brown Basmati Rice
10g	Pumpkin Seeds
1	Lemon <i>one half zested</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Seafood Rub
1	Basa Fillet
200g	Leeks
1	Green Bell Pepper <i>one half deseeded & roughly diced</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
20g	Baby Spinach <i>rinsed</i>

From Your Kitchen

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

1. COOK THE RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 200ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary.

2. PUMPKIN SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they pop and turn brown. Remove from the pan and set aside to cool.

3. BASA BASTING & LEEK PREP Halve the zested lemon. You'll only be using the zested half, so set the other half aside for another meal. Slice 1 circle of lemon for the basa parcel and cut the rest into wedges. Place the Seafood Rub in a bowl with half of the chopped parsley and half of the grated garlic. Add in 1 tsp of oil or butter and the juice of 1 lemon wedge. Mix until smooth, season to taste, and set aside. Trim the base of the leek. Cut in half lengthways and rinse thoroughly. Finely chop a quarter of the leek for the basa parcel. Finely slice the remaining three-quarters and set aside.

4. 'EN PAPILOTE' Pat the basa fillet dry with some paper towel and lightly season. Place the fillet in the centre of a piece of tinfoil (large enough to wrap around the whole fillet). Smear with the basting, top with the lemon circle, and evenly scatter over the chopped leeks. Tightly close the tinfoil over the fish, sealing it in. Place on a baking tray and cook in the hot oven for 12-15 minutes until soft and flakey.

5. SAVOURY RICE Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and diced green pepper for 4-5 minutes until soft. Add a knob of butter (optional) and stir through the remaining grated garlic, the chopped piquanté peppers, the rinsed baby spinach, and the cooked rice. Toss for 2 minutes until the spinach has wilted. Season to taste and remove from the heat on completion.

6. A SENSORY DELIGHT! Plate up a pile of veggie-loaded rice alongside the basa en papillote. Keep the parcel closed until starting your meal so its tantalising aroma can be inhaled. Scatter the toasted pumpkin seeds over the rice. Serve the lemon zest and remaining chopped parsley on the side to sprinkle over. Et voilà!



Chef's Tip

'En papillote' is a French method of cooking where food is baked and served in folds of parchment paper or tinfoil. The parcel traps in moisture, allowing the food to be steamed. This enhances the eating experience both by helping to retain flavour and by releasing a delicious aroma when the papillote is opened at the table.

Nutritional Information

Per 100g

Energy	438kJ
Energy	105Kcal
Protein	8g
Carbs	16g
of which sugars	2.8g
Fibre	2.2g
Fat	1.4g
of which saturated	0.3g
Sodium	164mg

Allergens

Allium, Fish

Cook
within 2
Days