



UCOOK

Basa À La Meunière

with roasted baby potatoes, broccoli & almonds

French cooking is all about simple flavours at their finest and this dish is no exception - golden pan-fried basa served with crispy roast baby potatoes and slathered in a classic meunière sauce of capers, lemon, white wine and parsley. Bon appétit!

Hands-On Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

250g	Baby Potatoes <i>halved</i>
15g	Almonds
100g	Long Stem Broccoli <i>trimmed at the base</i>
20ml	Cake Flour
30ml	White Wine
1	Lemon <i>½ cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
5g	Capers <i>drained & roughly chopped</i>
1	Basa Fillet

From Your Kitchen

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

1. GOLDEN 'TATOES Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and season. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. TOASTY ALMONDS Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

3. CHARRED BROCCOLI Return the pan to a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli with some seasoning for 6-7 minutes until lightly charred. Add a splash of water, cover with a lid, and simmer for 1-2 minutes until slightly softened. Remove from the pan on completion.

4. PREP STEP Pat the basa fillet dry with some paper towel. Place the flour and some seasoning in a shallow dish. Gently press the basa into the flour until coated, shaking off any excess.

5. FRY & MEUNIÈRE Place a pan over a medium heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes on each side until cooked through and golden. Remove from the pan on completion. Keeping the pan on the heat, add the white wine and another drizzle of oil or a knob of butter. Leave to simmer until reduced by half. Remove the pan from the heat and stir in another drizzle of oil or a knob of butter (optional), a squeeze of lemon juice, the chopped parsley and the chopped capers.

6. FANTASTIC CHEF Plate up the basa and pour over the meunière sauce. Side with the roasted potatoes and charred broccoli. Sprinkle over the chopped almonds and serve with any remaining lemon wedges. Bon appétit, Chef!

Nutritional Information

Per 100g

Energy	403kJ
Energy	96Kcal
Protein	7.9g
Carbs	10g
of which sugars	1.3g
Fibre	1.6g
Fat	1.8g
of which saturated	0.3g
Sodium	56mg

Allergens

Gluten, Dairy, Wheat, Sulphites, Fish, Tree Nuts, Alcohol

Cook
within 2
Days