



UCOOK

Middle Eastern Tahini Basa

**with roasted baby carrots, fresh parsley
& walnuts**


Flaky basa is served with a dreamy creamy tahini sauce and a sumac-spiced onion, parsley and walnut salsa. Sided with fresh salad leaves and sweet roasted carrot and broccoli, this dish is simple, balanced and absolutely delicious!


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

120g	Baby Carrots <i>rinsed & halved lengthways, keeping the stems intact</i>
100g	Broccoli Florets <i>cut into bite-sized chunks</i>
1	Red Onion <i>¼ peeled & finely diced</i>
4g	Fresh Parsley <i>rinsed & finely chopped</i>
10g	Walnuts <i>roughly chopped</i>
10ml	Sumac Spice
1	Basa Fillet
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>½ cut into wedges</i>
15ml	Tahini
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTED VEGGIES Preheat the oven to 200°C. Place the halved baby carrots and broccoli chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 20-25 minutes until softened and starting to caramelise, shifting halfway.

2. SUMAC SALSA In a bowl, combine the diced onion, the chopped parsley, the chopped walnuts, the sumac spice, a drizzle of oil and seasoning. Set aside for serving.

3. SIZZLING BASA When the roast veg has 10 minutes remaining, pat the basa dry with paper towel. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

4. TAHINI SAUCE Return the pan, wiped down if necessary, to a medium heat with a small drizzle of oil. When hot, add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and add the juice of 1 lemon wedge, the tahini, and 40ml of water. Mix until smooth and creamy.

5. SHOW THEM WHOSE BASA! Plate up the flaky basa and top with the creamy tahini sauce and the fragrant sumac salsa. Side with the rinsed salad leaves and the roasted veggies. Serve with any remaining lemon wedges and dig in!

Nutritional Information

Per 100g

Energy	366kJ
Energy	87Kcal
Protein	7.8g
Carbs	7g
of which sugars	2.2g
Fibre	2.3g
Fat	3.2g
of which saturated	0.5g
Sodium	28mg

Allergens

Allium, Sesame, Fish, Tree Nuts

Cook
within 2
Days