



# UCOOK

## Italian-Style Basa

**with basil pesto & sun-dried tomatoes**

Buttery basa fillet and quinoa tumbled with grilled baby marrow, sun-dried tomatoes and fresh baby tomatoes. Dip your dinnertime toes into the bright, clean waters of Mediterranean flavour.

---

**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

---

**Serves:** 3 People

---

**Chef:** Tess Witney

---

♥ Health Nut

---

🍷 Anthonij Rupert | Cape of Good Hope Altima  
Sauvignon Blanc

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

225ml	Quinoa
300g	Baby Marrow <i>rinsed, halved lengthways &amp; sliced into bite-sized pieces</i>
60ml	Pesto Princess Basil & Lemon Pesto
3	Basa Fillets
15ml	NOMU Italian Rub
60g	Sun-dried Tomatoes <i>roughly chopped</i>
300g	Baby Tomatoes <i>quartered</i>
2	Lemons <i>1½ zested &amp; cut into wedges</i>
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
10g	Fresh Basil <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. FLUFFY QUINOA** Rinse the quinoa and place in a pot. Submerge in 600ml of salted water. Bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required. On completion, drain the quinoa if necessary and return to the pot. Cover with a lid and allow it to stand for 5 minutes.

**2. FRYING MOMENT** Place a pan on a medium heat with a drizzle of oil. Fry the baby marrow pieces for 5-6 minutes until golden. Season to taste, remove from the pan, and place in a large salad bowl. Loosen the pesto with olive oil until drizzling consistency.

**3. GOLDEN BASA** Pat the basa dry with some paper towel and season with the Italian Rub. Wipe down the pan, if necessary, and return to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the basa for 2-3 minutes on each side until golden and cooked through. On completion, remove from the pan and season.

**4. COMBINE** In the large salad bowl, toss the baby marrow, the cooked quinoa, chopped sun-dried tomatoes, 30ml of olive oil, the quartered tomatoes, the lemon zest, a squeeze of lemon juice (to taste), and ½ of the pesto. Season to taste.

**5. DINNER IS SERVED** Time to plate up! Make a bed of green leaves and top with the loaded quinoa salad. Lay over the golden basa. Garnish with dollops of the remaining pesto, chopped basil and a lemon wedge. Finish off with a drizzle of olive oil for some flair. Buon Appetito!



## Chef's Tip

Grains like quinoa should be rinsed thoroughly with cold water before cooking to remove excess starch. Doing so also gets rid of any dirt. All in all, rinsing improves taste, texture, and cleanliness!

## Nutritional Information

Per 100g

Energy	409kj
Energy	98Kcal
Protein	9.1g
Carbs	12g
of which sugars	2.2g
Fibre	1.9g
Fat	2.2g
of which saturated	0.3g
Sodium	66mg

## Allergens

Allium, Sulphites, Fish, Tree Nuts

**Cook  
within 2  
Days**