



U C O O K

— COOKING MADE EASY

Spiced Basa & Corn Esquites

with roast sweet potato, fresh lime & creamy feta

A take on Mexican street food that'll delight even the fussiest eater. Spiced basa fillet with zingy corn esquites: a fry-up of chilli, garlic, and melty feta, tossed with lime-marinated baby tomatoes. All ready in no time!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Spring Onion <i>thinly sliced</i>
1	Lime <i>half zested & cut into wedges</i>
1	Fresh Chilli <i>deseeded & chopped</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Corn
50g	Danish-Style Feta <i>drained</i>
1	Basa Fillet
10ml	NOMU Spanish Rub
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROAST THE SWEET POTATO Preheat the oven to 200°C. Place the sweet potato chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and becoming golden, shifting halfway.

2. MARINATE THE TOMATOES Place the halved baby tomatoes in a bowl. Add in two-thirds of the chopped coriander and two-thirds of the sliced spring onion. Toss through a drizzle of olive oil and some lime juice and zest, both to taste. Set aside to marinate.

3. CHEESY CORN ESQUITES When the sweet potato reaches the halfway mark, place a nonstick pan over a low-medium heat with a knob of butter and a small drizzle of oil. When hot, fry the chopped chilli (to taste) and the grated garlic for about a minute until fragrant, shifting constantly. Increase the heat to medium-high and add in the corn. Fry for 3-4 minutes until starting to brown, shifting occasionally. Crumble in the drained feta and cook for a further 2-3 minutes until smooshy and melted. On completion, transfer to the bowl of tomatoes. Toss to combine, cover to keep warm, and set aside for serving.

4. SASSY BASA Wipe down the pan and return it to a medium-high heat with another drizzle of oil. Pat the basa dry with some paper towel and coat in the Spanish Rub to taste. When the pan is hot, fry the fish for 1-2 minutes per side until cooked through and golden. Remove from the pan on completion. Toss a drizzle of oil through the rinsed salad leaves and season.

5. MEXICAN FUSION FIESTA! Plate up a bed of dressed leaves alongside the corn esquites and roast sweet potato. Top with the spiced basa and garnish with the remaining spring onion and coriander. Serve with any remaining lime wedges. Tuck in, Chef!



Chef's Tip

Tomatoes are high in antioxidants, which reduce the damage to the body's cells caused by free radicals. Tomatoes can be sliced up for salads, chopped up for salsas, or cooked into sauces for extra flavour. Avoid food waste and use leftover tomatoes by cooking up a quick relish!

Nutritional Information

Per 100g

Energy	404kJ
Energy	96Kcal
Protein	6.8g
Carbs	11g
of which sugars	3g
Fibre	1.7g
Fat	2.6g
of which saturated	1.3g
Sodium	199mg

Allergens

Dairy, Allium, Fish

Cook
within 2
Days