



U C O O K

— COOKING MADE EASY

Italian-Style Basa

with Pesto Princess basil pesto, sun-dried tomatoes & red quinoa

A fresh, summery dinner of quinoa salad with blistered baby tomatoes, charred baby marrow, lashings of basil pesto, and nuggets of sun-dried tomato. Sprinkled with fresh basil and crowned with a herby, lemony basa fillet.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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



Ingredients & Prep

75ml	Red Quinoa
150g	Baby Marrow <i>rinsed, trimmed & cut into bite-size chunks</i>
80g	Baby Tomatoes <i>rinsed</i>
1	Basa Fillet
5ml	NOMU Italian Rub
30ml	Pesto Princess Basil Pesto
25g	Sun-Dried Tomatoes <i>drained & roughly chopped, reserving any oil</i>
1	Lemon <i>one half zested & cut into wedges</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Basil <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. RED, RED QUINOA! Rinse the quinoa, place in a pot, and submerge in 200ml of salted water. Place over a medium-high heat, cover with a lid, and bring to a simmer. Cook for 15-20 minutes until tender, with the tails popping out. If starting to dry out, add more water in small increments.

2. CHAR THE BABY MARROW Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks for 5-6 minutes until cooked through and charred. Remove from the pan on completion and place in a salad bowl.

3. MORE BABY VEG! Return the pan to the heat with another drizzle of oil if necessary. When hot, fry the rinsed baby tomatoes for 3-4 minutes until blistered but still firm, shifting occasionally. Place in the bowl of baby marrow on completion, cover to keep warm, and set side for step 4.

4. ITALIAN-SPICED BASA When the quinoa has finished simmering, drain if necessary and return to the pot. Cover with a lid and set aside to stand off the heat for 5 minutes. Pat the basa dry with paper towel and coat in the Italian Rub and some seasoning. Return the pan to 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.

5. TOSS IT TOGETHER Add the cooked quinoa to the bowl of veggies. Toss through the basil pesto, the chopped sun-dried tomatoes, and the reserved sun-dried tomato oil. Squeeze in the juice of 1 lemon wedge, season to taste, and toss to combine. Toss the rinsed green leaves with a drizzle of oil and some seasoning.

6. SERVE UP THOSE ITALIAN-INSPIRED FLAVOURS! Make a bed of pesto quinoa salad and top with the fragrant basa. Sprinkle over the sliced basil and some lemon zest to taste. Serve with the dressed leaves and a lemon wedge on the side. What bliss!



Chef's Tip

For picture perfect chunks of baby marrow, first slice them in half lengthways, then turn them cut-side down and slice them into pieces on the diagonal.

Nutritional Information

Per 100g

Energy	493kj
Energy	118Kcal
Protein	8.7g
Carbs	12g
of which sugars	2.4g
Fibre	2.1g
Fat	4.5g
of which saturated	0.7g
Sodium	116mg

Allergens

Egg, Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days