



# U C O O K

— COOKING MADE EASY

## BAKED LEMON & GARLIC BASA

with balsamic-roasted baby potatoes & brussels sprouts


Lemon and garlic are Basa's best friends. Wrap them up together in foil, bake in the oven, and they're at their flavour best. Served with nutritious, caramelised roast veg and pistachio-packed salad.

---


**Prep + Active Time:** 30 minutes

**Total Cooking Time:** 55 minutes

---

 **Serves:** 4 people

---

 **Chef:** Lauren Todd

---

 **Health Nut**

---

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients

800g	Baby Potatoes <i>rinsed &amp; halved</i>
600g	Brussels Sprouts <i>rinsed &amp; halved</i>
80ml	Balsamic Vinegar
40g	Pistachio Nuts
2	Lemons <i>zested</i>
4	Basa Fillets
10g	Fresh Dill <i>rinsed &amp; roughly chopped</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
30ml	NOMU Seafood Rub
80g	Radish <i>rinsed, halved &amp; thinly sliced into half moons</i>
80g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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



### CHEF'S TIP

Be cautious when opening up the fish parcels as the steam inside them will be hot and can burn.

## 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

## 2. ROAST POTATOES & BRUSSELS

Preheat the oven to 200°C. Spread out the halved baby potatoes and halved brussels sprouts on a roasting tray. Coat in oil, the balsamic vinegar, and seasoning. Roast in the hot oven for 35-40 minutes until soft and caramelised, shifting halfway.

## 3. PISTACHE WITH PANACHE

Place the pistachios in a pan over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan on completion, and set aside to cool. Roughly chop when cool enough to handle.

## 4. BASTING

Halve the zested lemons. Slice off 4 circles of lemon for the basa and cut the rest into wedges. To make the basting, combine the chopped dill, grated garlic, Seafood Rub, and 2 tbs of oil. Add some lemon juice from the wedges and lemon zest to taste. Season and mix until smooth.

## 5. GET BAKED

Pat the basa fillets dry with some paper towel. Cut 4 pieces of tinfoil, large enough to wrap around a whole fillet. Place a fillet in the centre of a piece of foil. Smear with the basting and top with a circle of lemon. Repeat with each fillet. Tightly wrap up the tinfoil parcels, sealing in the fish. Place on a baking tray and bake in the oven for 12-15 minutes until soft and flakey.

## 6. FRESH STUFF

Just before serving, toss the rinsed green leaves and radish slices with some lemon juice, a drizzle of oil, and seasoning to taste.

## 7. SUPPERTIME

Dish up the balsamic-roasted potatoes and brussels sprouts alongside the fish parcels. Open them up and sprinkle the remaining chopped dill over the fish. Serve the fresh salad on the side and garnish with the toasted pistachios. Now dig in, Chef!

## Nutritional Information

Per 100g

Energy (kj)	333
Energy (kcal)	80
Protein	8
Carbs	7
of which sugars	2
Fibre	2
Fat	1
of which saturated	0
Salt	0

**Cook within:** 1 days **Allergens:** Allium Sulphites Fish Tree Nuts

Loved the dish? Rate it online.

Classic Cooking

Family Friendly