



UCOOK

Bangin' Basa On Mediterranean Stew

with olives, fluffy millet & succulent kale

Comforting and nutritious beautifully browned basa fillets nestle in a warm Mediterranean olive and bean mixture for an elegant, speedy meal. Served with stock-infused millet and fresh steamed kale, sprinkled with sunflower seeds and, oh so fresh oregano!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Chardonnay Pinot Noir

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

Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
80g	Baby Tomatoes <i>halved</i>
3g	Fresh Oregano
120g	Cannellini Beans <i>drained & rinsed</i>
25g	Pitted Green Olives
5ml	NOMU Provençal Rub
50g	Kale <i>rinsed & roughly shredded</i>
1	Lemon <i>½ zested & cut into wedges</i>
75ml	Millet
5ml	Chicken Stock
10g	Sunflower Seeds
1	Basa Fillet

From Your Kitchen

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

1. MED-STEW Preheat the oven to 200°C. On a roasting tray, place the sliced onions, halved tomatoes, ⅓ of the chopped oregano, the drained cannellini beans, the olives, ½ of the Provençal rub and 50ml of water. Roast in the hot oven for 25-30 minutes. Place the shredded kale in a bowl with a drizzle of oil, lemon zest, the juice from 1 lemon wedges and seasoning. Using your hands, gently massage until softened and coated in oil. Set aside.

2. MILLET & KALE Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water, stir through the stock, and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and add in the massaged kale and allow to steam – off the heat and covered with the lid. Toss through a drizzle of oil. Set aside to keep warm until serving.

3. SUNNY SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. SIZZLING BASA Pat the basa dry with some paper towel and coat in oil and the remaining rub and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes on each side until cooked through and golden.

5. WARM THE SOUL! Plate up the fluffy kale-laced millet topped with the warm Mediterranean stew and the aromatic basa alongside it. Sprinkle over the sunflower seeds, remaining oregano and serve with a lemon wedge. Happy feasting chef!

Nutritional Information

Per 100g

Energy	468kJ
Energy	112Kcal
Protein	8g
Carbs	14g
of which sugars	1.3g
Fibre	3.2g
Fat	2.4g
of which saturated	0.3g
Sodium	201mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days