

UCCOOK

Strandveld's Cape Bream & Olive Salsa

with couscous

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Strandveld Winery

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info	Per 100g	Per Portion
Energy	295kJ	1373kJ
Energy	71kcal	329kcal
Protein	3.3g	15.3g
Carbs	12g	54g
of which sugars	2.3g	10.6g
Fibre	1.6g	7.4g
Fat	0.7g	3g
of which saturated	0.1g	0.5g
Sodium	514mg	2389mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
60g	80g	Pickled Onions <i>roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
450g	600g	Line-caught Cape Bream Fillets
15ml	20ml	Greek Seasoning
60ml	80ml	Lemon Juice
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain & cut into half</i>
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
150ml	200ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Mix in the onions, salad leaves, a generous drizzle of olive oil, and season (to taste).

2. FISH Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the fish dry with paper towel and coat with the Greek seasoning. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 2-3 minutes. Remove from the pan.

3. JUST BEFORE SERVING In a bowl, combine the lemon juice with a drizzle of olive oil. Add the tomato, olives, ½ the dill, and season (to taste).

4. TIME TO DINE Bowl up the couscous, top with the fish, and scatter over the tomato salsa. Finish with dollops of the tzatziki and garnish with the remaining dill. Enjoy, Chef!