

U C O O K

— COOKING MADE EASY

Taste-Of-Morocco Basa

with roast lentils and green beans & a hummus slaw

Let the worries of the week waft away with the aromas of this super easy, Moroccan-inspired meal. Spiced basa fillet draped over roast green beans, onions, and lentils, spattered with parsley yoghurt, and accompanied by a carrot slaw dressed with hummus.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Lauren Todd

 **Health Nut**

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



Ingredients & Prep

2	Onion <i>peeled & cut into chunks</i>
480g	Lentils <i>drained & rinsed</i>
400g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20ml	NOMU Moroccan Rub
40g	Sunflower Seeds
200ml	Plain Yoghurt
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
200ml	Hummus
480g	Carrots <i>peeled & grated</i>
4	Basa Fillet
80g	Baby Spinach <i>rinsed</i>

From Your Kitchen

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

1. MOROCCAN VEGGIE ROAST Preheat the oven to 180°C. Place the onion chunks, drained lentils, and sliced green beans on a roasting tray. Coat in oil, half of the Moroccan Rub (to taste), and some seasoning. Roast in the hot oven for 35-40 minutes until the veggies are cooked through and the lentils are crispy.

2. GET THOSE SEEDS CRUNCHY! Place the sunflower seeds in a large 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.

3. YOGHURT DRESSING & CARROT SLAW In a bowl, combine the yoghurt with three-quarters of the chopped parsley. Season to taste and set aside for serving. Place the hummus in a large salad bowl and mix in a drizzle of oil and 1 tbsp of water. Toss through the grated carrot, season to taste, and set aside for serving.

4. PAN FRY THE BASA When the veggies have 5 minutes remaining, return the pan to a medium-high heat with a drizzle of oil or knob of butter. Pat the basa dry with some paper towel and coat in the remaining Moroccan Rub to taste. When the pan is hot, fry the basa for 1-2 minutes per side until cooked through and golden. Remove the pan from the heat on completion.

5. TIME TO DINE! Spread out a bed of rinsed baby spinach and load with the spicy green beans, lentils, and onions. Top with the carrot and hummus slaw and lay over the golden basa fillet. Finish off with drizzles of parsley yoghurt, a scattering of toasted sunflower seeds, and sprinkles of the remaining chopped parsley. Enjoy, Chef!



Chef's Tip

Draining and rinsing tinned beans, lentils, or chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content (which humans can't digest!) and improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	529kJ
Energy	126Kcal
Protein	10.5g
Carbs	16g
of which sugars	2.3g
Fibre	3.4g
Fat	2.4g
of which saturated	0.8g
Sodium	110mg

Allergens

Dairy, Allium, Sesame, Sulphites, Fish

Cook
within 2
Days