



# U C O O K

— COOKING MADE EASY

## FIRESIDE CONCHIGLIONI BAKE

**with flaked basa, ricotta & a cheesy  
Panko crust**

Conjure the soft scent of woodsmoke and warm glow of a fireplace: paprika-spiced basa, ricotta, spinach, and conchiglioni (pasta shells) baked in creamy bechamel sauce and a golden crust of breadcrumbs and hard cheese.

---

**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** A'shadiieyah Benwell

---

 **Easy Peasy**

---

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



## Ingredients & Prep

|      |                                                                                                    |
|------|----------------------------------------------------------------------------------------------------|
| 20ml | Vegetable Stock                                                                                    |
| 2    | Basa Fillets                                                                                       |
| 200g | Spinach<br><i>rinsed &amp; shredded</i>                                                            |
| 250g | Conchiglioni Pasta                                                                                 |
| 100g | Ricotta Cheese                                                                                     |
| 10ml | Cape Herb & Spice<br>Smoked Paprika                                                                |
| 10ml | Cape Herb & Spice<br>Chipotle Spice                                                                |
| 1    | Lemon<br><i>zested &amp; cut into wedges</i>                                                       |
| 30ml | Cake Flour                                                                                         |
| 60ml | Panko Crust<br><i>(30ml Grated Italian Style<br/>Hard Cheese &amp; 30ml<br/>Panko Breadcrumbs)</i> |
| 40g  | Salad Leaves<br><i>rinsed</i>                                                                      |
| 30ml | Pesto Princess Basil Pesto                                                                         |

## From Your Kitchen

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

**1. POACH THE BASA** Preheat the oven to 240°C. Boil a full kettle. Place 1L of boiling water in a pot over a high heat. Stir in the stock and bring to the boil. Once boiling, place the basa fillets in the pot, pop on a lid, and remove from the heat. Allow to poach in the liquid for 5-6 minutes until cooked through. On completion, remove the fillets and place in a bowl. Return the pot of stock to a medium-high heat and bring back up to the boil. (You will be using it to cook the pasta.)

**2. STEAM THE SPINACH** Place a separate pot over a medium-high heat with 2cm of boiled water covering the base. When it starts to steam, place the shredded spinach in a colander over the pot and cook for 3-4 minutes until wilted. Alternatively, use a steamer if you have one. Remove on completion, place in a tea towel, and gently squeeze out the excess water. Finely chop when cool enough to handle.

**3. SMOKY BASA & PASTA** When the stock is boiling, pop in the pasta and cook for 8-10 minutes until al dente. Break the basa apart into flakes using your fingers or two forks. Add the ricotta and cooked, chopped spinach to the bowl of fish and mix to combine. Add some smoked paprika, chipotle spice, lemon zest, and lemon juice – all to taste. Give it another mix and season to taste. When the pasta is cooked, add it to the bowl and gently stir until coated. Transfer the fish pasta to an ovenproof dish and set aside.

**4. CRISPY AND CREAMY** Place 40g of butter in a pot over a medium heat. When it starts to melt, add in the cake flour and whisk vigorously until it forms a paste. Whisk in 250ml of milk and heat for 3-4 minutes until thickened, stirring continuously. On completion, pour over the dish of pasta and scatter with the Panko Crust. Bake in the hot oven for 8-10 minutes until golden.

**5. FRESH BUSINESS** Just before serving, toss the rinsed salad leaves with the basil pesto, a drizzle of oil, a squeeze of lemon juice, and some seasoning.

**6. SCRUMPTIOUS!** Dish up some creamy basa and pasta bake and serve with the pesto-dressed salad on the side. Well done, Chef!



## Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 441kJ   |
| Energy             | 179Kcal |
| Protein            | 11.9g   |
| Carbs              | 21g     |
| of which sugars    | 1.8g    |
| Fibre              | 1.7g    |
| Fat                | 5.5g    |
| of which saturated | 2g      |
| Sodium             | 487mg   |

## Allergens

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

Cook  
within 1  
Day