



UCOOK

Basa & Loaded Lentil Salad

with fresh mint, Danish-style feta & green leaves

Golden pan-fried basa is sided with a simple yet divine loaded lentil salad. No need to bust out all the pots and pans for this minty moment - it's ready in no time!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

5ml	Dijon Mustard
15ml	Red Wine Vinegar
30ml	Low Fat Plain Yoghurt
120g	Tinned Lentils <i>drained & rinsed</i>
1	Tomato <i>½ cut into thin wedges</i>
1	Red Onion <i>¼ peeled & finely sliced</i>
20g	Green Leaves <i>rinsed</i>
4g	Fresh Mint <i>rinsed & picked</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Danish-style Feta <i>drained</i>
1	Basa Fillet
7,5ml	Spice & All Things Nice Cape Bay Seasoning

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. MUSTARD-LEMON DRESSING In a small bowl, combine the mustard, the vinegar, seasoning, 10ml of olive oil, and 5ml of a sweetener. Set aside. Loosen the yoghurt with a splash of water and season to taste. Set aside.

2. SALAD ASSEMBLY In a bowl, combine the drained lentils, the tomato wedges, the sliced onion, the rinsed green leaves, ½ the picked mint, and the cucumber half-moons. Crumble in the drained feta and add the mustard-vinegar dressing. Toss until fully coated.

3. BASA PARTY Pat the basa dry with paper towel and coat in the Cape Bay Seasoning (to taste) and season. Place a pan over 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.

4. TIME TO DINE! Plate up the loaded lentil salad. Side with the basa drizzled with the loosened yoghurt. Sprinkle over the remaining mint. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	440kJ
Energy	105kcal
Protein	10.3g
Carbs	12g
of which sugars	2.2g
Fibre	4.2g
Fat	2.2g
of which saturated	0.9g
Sodium	109mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day