



UCOOK

Basa & Three Bean Salad

with Danish-style feta, a pesto drizzle & fresh parsley

Healthy and full of flavour! Try our take on a classic three bean salad; kidney beans, butter beans and beautifully charred green beans make this dish sing! This amazing salad is the supporting act to the main event: a delicious basa fillet drizzled with basil pesto! You won't regret adding this winner of a dish to your cart!

Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
10ml	Red Wine Vinegar
5ml	Dijon Mustard
60g	Red Kidney Beans <i>drained & rinsed</i>
60g	Butter Beans <i>drained & rinsed</i>
1	Tomato <i>roughly diced</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Basa Fillet
10ml	NOMU Seafood Rub
10ml	Pesto Princess Coriander & Chilli Pesto
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. GREEN BEANS Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the sliced green beans for 3-4 minutes until cooked and beginning to char. Season and remove from the pan on completion.

2. THREE BEAN SALAD In a salad bowl, whisk the vinegar, a drizzle of olive oil, the Dijon mustard, salt, and pepper. If the dressing is too strong for your liking, whisk in 1 to 2 tsp of a sweetener of choice. Add the drained kidney and butter beans, the charred green beans, the diced tomato, and ½ the chopped parsley. Toss until fully combined, cover and set aside to marinate in the fridge for at least 10 minutes.

3. FISH GLORIOUS FISH! Pat the basa dry with some paper towel and coat in the rub. Return the pan to 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. Remove from the pan on completion.

4. DRIZZLE & TOSS Mix the pesto with oil in 5ml increments until drizzling consistency. Just before serving, toss the rinsed green leaves with the marinated bean salad.

5. DIG IN! Make a bed of the tasty three bean salad. Top with the flavourful fish and drizzle with the loosened pesto. Crumble over the drained feta and garnish with the remaining chopped parsley. Great work, Chef!

Nutritional Information

Per 100g

Energy	379kJ
Energy	90Kcal
Protein	8.6g
Carbs	6g
of which sugars	1.6g
Fibre	2.2g
Fat	3.4g
of which saturated	1.4g
Sodium	221mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 2
Days