



UCOOK

Lemon & Garlic Baked Basa

**with toasted pistachios & a roast of mixed
summer veg**

Lemon and garlic are Basa's best friends. Wrap them up together in foil, bake them in the oven, and they're at their flavour best. Served with nutritious, caramelised roast veg and a pistachio-strewn salad.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Lauren Todd



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



Ingredients & Prep

500g	Summer Roasting Vegetables <i>cut into bite-size pieces</i>
300g	Baby Tomatoes <i>rinsed</i>
20g	Pistachio Nuts
1	Lemon <i>zested</i>
2	Garlic Cloves <i>peeled & grated</i>
15ml	NOMU Seafood Rub
5g	Fresh Dill <i>rinsed & roughly chopped</i>
2	Basa Fillets
40g	Salad Leaves <i>rinsed</i>
40g	Radish <i>rinsed & sliced into thin half-moons</i>

From Your Kitchen

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

1. READY, GET SET, ROAST! Preheat the oven to 200°C. Spread out the veggie pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft and caramelised, shifting halfway. Place the rinsed baby tomatoes in a bowl, coat in oil and seasoning, and set aside.

2. FISH & PISTACHE WITH LOADS OF PANACHE! Place the pistachios in a pan over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Halve the zested lemon and slice off 2 circles for the basa. Cut the rest into wedges. To make the basting, combine the grated garlic, the Seafood Rub, three-quarters of the chopped dill, and 1 tbsp of oil. Add some lemon juice from the wedges and some lemon zest to taste. Season, mix until smooth, and set aside.

3. YOU'RE HALFWAY! When the veg reaches the halfway mark, remove from the oven and give a shift. Scatter over the dressed tomatoes, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the tomatoes should be blistered and the veg should be cooked through and caramelised.

4. BAKE THAT DELISH FISH Pat the basa dry with paper towel. Place a fillet in the centre of a piece of tinfoil (large enough to wrap around it entirely). Smear with the basting and top with the lemon circle. Wrap up tightly, sealing it in. Repeat with the other fillet. Place on a baking tray and bake in the oven for 8-10 minutes until soft and flakey.

5. FRESH STUFF Just before serving, toss the rinsed salad leaves and radish half-moons with a squeeze of lemon, a drizzle of oil, and some seasoning.

6. IT'S SUPPERTIME Dish up the roast veggies alongside the fish parcel. Open it up and sprinkle over the remaining chopped dill. Serve the fresh salad on the side and garnish it all with the chopped, toasted pistachios. Now dig in, Chef!

Nutritional Information

Per 100g

Energy	239kj
Energy	57Kcal
Protein	6.4g
Carbs	5g
of which sugars	1.9g
Fibre	1.8g
Fat	1.4g
of which saturated	0.3g
Sodium	119mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day