



UCOOK

Grilled Basa & Sweet Potato Chips

with speedy homemade tartar sauce & plump peas

Your fish 'n chip cravings will meet their match with this classy take on a family favourite. Expertly grilled basa, a refreshing salad, roast sweet potato wedges, and a sassy, speedy tartar sauce!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha Finnegan

 Easy Peasy

 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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

Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into wedges</i>
75ml	That Mayo (Garlic)
75ml	Plain Yoghurt
8g	Fresh Dill <i>rinsed & roughly chopped</i>
75g	Gherkins <i>drained & finely chopped</i>
120g	Peas
15ml	White Sesame Seeds
3	Basa Fillets
22,5ml	NOMU Seafood Rub
60g	Green Leaves <i>rinsed</i>
2	Lemons <i>1½ zested & cut into wedges</i>

From Your Kitchen

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

1. SWEET POTATO CRUNCH Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. DREAMY TARTARE & PLUMP PEAS Boil the kettle. In a bowl, combine the mayo, yoghurt, chopped dill, and chopped gherkins. Season to taste and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and set aside.

3. TOAST THE SESAMES Place a large, nonstick pan over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. GET GRILLING When the wedges have 10 minutes remaining, return the pan to a medium-high heat with a drizzle of oil and a knob of butter. Pat the basa dry with paper towel and coat in the Seafood Rub. When the pan is hot, fry for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion.

5. TOSS THAT SALAD Toss the rinsed green leaves with the peas, a squeeze of lemon juice, and the lemon zest to taste. Add a drizzle of oil, season, and toss to coat.

6. TIME TO PLATE UP Plate the roast sweet potato wedges beside the herbed basa. Dish up a serving of zesty salad and a large dollop of tartar sauce. Garnish with the toasted sesame seeds and a fresh lemon wedge. Smell that, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	441kJ
Energy	105Kcal
Protein	7.3g
Carbs	13g
of which sugars	3.5g
Fibre	2.3g
Fat	2.7g
of which saturated	0.8g
Sodium	147mg

Allergens

Egg, Dairy, Allium, Sesame, Sulphites, Fish

Cook
within 2
Days