



UCOOK

Basa en Papillote

with couscous & pomegranate gems

Flakey basa served en papillote style with baby tomatoes and creamy feta. A loaded couscous salad is dotted with charred baby marrow and pomegranate gems to complete this divine dish! Zingy, sweet & salty; the perfect balance of flavour!


Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Quick & Easy

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

75ml	Wholewheat Couscous
1	Basa Fillet
80g	Baby Tomatoes <i>quartered</i>
20g	Danish-style Feta <i>drained</i>
100g	Baby Marrow <i>rinsed & cut into bite-sized chunks</i>
25ml	Dressing <i>(15ml That Mayo (Original) & 10ml Apple Cider Vinegar)</i>
20g	Salad Leaves <i>rinsed</i>
20g	Pomegranate Gems
10g	Pumpkin Seeds
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. GETTING READY Preheat the oven to 200°C. Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with a fork and season to taste.

2. EN PAPILOTTE Pat the basa fillet dry with paper towel and lightly season. Place the fillet in the centre of a piece of tinfoil or baking paper (large enough to wrap around the whole fillet). Top the fillet with a few quartered baby tomatoes, some of the drained feta, a drizzle of oil, and seasoning. Tightly close the tinfoil or baking paper over the fillet, sealing it in. Place on a baking tray and cook in the hot oven for 7-8 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature and open the tinfoil or baking paper so the fillet is exposed to the grill. On completion, the fillet should be cooked through and golden.

3. LOADED COUSCOUS Place a pan over a medium-high heat with a drizzle of oil. When hot, add the baby marrow chunks and fry for 3-5 minutes until starting to char, shifting occasionally. Remove on completion and add to the bowl with the cooked couscous along with the dressing, a drizzle of oil, seasoning, and any remaining baby tomatoes and feta. Toss until fully combined.

4. SUPPER SERVICE Make a bed of the rinsed salad leaves and top with the loaded couscous. Sprinkle over the pomegranate gems and the pumpkin seeds. Serve the basa en papillote in the baking paper or tinfoil. Serve with a lemon wedge to squeeze over. Divine, Chef!



Chef's Tip

A good crack of black pepper and flaky sea salt will do wonders for this simple, Mediterranean-inspired dish.

Nutritional Information

Per 100g

Energy	483kj
Energy	116Kcal
Protein	9.5g
Carbs	12g
of which sugars	2g
Fibre	1.9g
Fat	3g
of which saturated	1.2g
Sodium	74mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites, Fish

Cook
within 2
Days