



UCOOK

Za'atar Salsa Verde On Basa

with a roasted beetroot & pumpkin salad and fresh coriander

A simple yet divine dinner awaits! Perfectly cooked basa dripping with homemade za'atar salsa verde is sided with a simple salad of roast beetroot, pumpkin and green leaves. Sprinkle with flaked almonds for crunch and dinner is served!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Robertson Winery | Chardonnay

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Ingredients & Prep

200g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
15ml	Pomegranate Molasses
250g	Pumpkin Chunks <i>cut into bite-sized chunks</i>
10g	Flaked Almonds
1	Basa Fillet
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
15ml	Za'atar
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. RAVISHING ROAST VEG Preheat the oven to 200°C. Place the beetroot chunks on one half of a roasting tray, coat in oil, the pomegranate molasses and season. Place the pumpkin chunks on the other side of the tray, coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisped.

2. LET'S TOAST Place the flaked almonds in a nonstick pan, large enough for the basa, over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Once cool enough to handle, finely chop ½ of the flaked almonds and set aside.

3. ZA'ATAR SALSA VERDE When the veg has 10 minutes remaining, place the grated garlic and chopped chilli (both to taste) in a bowl. Add the za'atar (to taste), chopped parsley, ½ the chopped coriander, and the chopped flaked almonds. Mix until fully combined. Add olive oil in 10ml increments until drizzling consistency. Set aside for serving.

4. BEAUTIFUL BASA Pat the basa dry with some paper towel and season. 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. In a salad bowl, mix together the roasted beetroot and pumpkin, the rinsed green leaves, seasoning and a drizzle of olive oil. Toss until combined.

5. THE MAIN EVENT Pile up the roasted veg, side with the perfectly cooked basa drizzled with the za'atar salsa verde. Sprinkle over the remaining flaked almonds and the remaining coriander. Beautiful, Chef!



Chef's Tip

If you prefer to cook your garlic for the salsa verde, place the whole cloves in the oven with the beetroot. Roast for 15-20 minutes, squeeze the flesh out of the skin and finely chop before adding to your salsa verde.

Nutritional Information

Per 100g

Energy	296kJ
Energy	71Kcal
Protein	6.3g
Carbs	8g
of which sugars	2.6g
Fibre	2.5g
Fat	1.5g
of which saturated	0.3g
Sodium	49mg

Allergens

Allium, Sesame, Fish, Tree Nuts

Cook
within 2
Days