



U C O O K

— COOKING MADE EASY

BAKED LEMON & GARLIC BASA


with balsamic-roasted baby potatoes & brussels sprouts

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

Prep + Active Time: 20 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Lauren Todd

 **Health Nut**

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Ingredients

200g	Baby Potatoes <i>rinsed & halved</i>
150g	Brussels Sprouts <i>rinsed & halved</i>
20ml	Balsamic Vinegar
10g	Pistachio Nuts
1	Lemon <i>one half zested</i>
1	Basa Fillet
3g	Fresh Dill <i>rinsed & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
7.5ml	NOMU Seafood Rub
20g	Radish <i>rinsed, halved & thinly sliced into half moons</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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



CHEF'S TIP

Be cautious when opening up the fish parcels as the steam inside them will be hot and can burn.

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. ROAST POTATOES & BRUSSELS

Preheat the oven to 200°C. Spread out the halved baby potatoes and halved brussels sprouts on a roasting tray. Coat in oil, the balsamic vinegar, and seasoning. Roast in the hot oven for 30-35 minutes until soft and caramelised, shifting halfway.

3. PISTACHE WITH 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 to cool. Roughly chop when cool enough to handle.

4. BASTING

Halve the zested lemon and set aside one half for another meal. Slice off 1 circle of lemon for the basa and cut the rest into wedges. To make the basting, combine the chopped dill, grated garlic, Seafood Rub, and 1 tsp of oil. Add some lemon juice from the wedges and lemon zest to taste. Season and mix until smooth.

5. GET BAKED

Pat the basa fillet dry with some paper towel. Cut a piece of tinfoil, large enough to wrap around the whole fillet. Place the fillet in the centre of the foil. Smear with the basting and top with the circle of lemon. Tightly wrap up the tinfoil parcel, sealing in the fish. Place on a baking tray and bake in the oven for 12-15 minutes until soft and flakey.

6. FRESH STUFF

Just before serving, toss the rinsed green leaves and radish slices with some lemon juice, a drizzle of oil, and seasoning to taste.

7. SUPPERTIME

Dish up the balsamic-roasted potatoes and brussels sprouts alongside the fish parcel. Open it up and sprinkle the remaining chopped dill over the fish. Serve the fresh salad on the side and garnish with the toasted pistachios. Now dig in, Chef!

Nutritional Information

Per 100g

Energy (kj)	333
Energy (kcal)	80
Protein	8
Carbs	7
of which sugars	2
Fibre	2
Fat	1
of which saturated	0
Salt	0

Cook within: 1 days **Allergens:** Allium Sulphites Fish Tree Nuts

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