

Eat Within 1 Day

# UCOOK

## Strandveld's Cape Bream & Olive Salsa

**with couscous**

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Strandveld Winery

**Wine Pairing:** Strandveld | Adamastor White Blend

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 295kJ | 1373kJ |
| Energy | 71kcal | 329kcal |
| Protein | 3.3g | 15.3g |
| Carbs | 12g | 54g |
| of which sugars | 2.3g | 10.6g |
| Fibre | 1.6g | 7.4g |
| Fat | 0.7g | 3g |
| of which saturated | 0.1g | 0.5g |
| Sodium | 514mg | 2389mg |

**Allergens:** Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 75ml | 150ml | Couscous |
| 20g | 40g | Pickled Onions<br>*roughly chop* |
| 20g | 40g | Salad Leaves<br>*rinse & roughly shred* |
| 150g | 300g | Line-caught Cape Bream Fillets |
| 5ml | 10ml | Greek Seasoning |
| 20ml | 40ml | Lemon Juice |
| 1 | 1 | Tomato<br>*rinse & roughly dice ½ [1]* |
| 20g | 40g | Pitted Kalamata Olives<br>*drain & cut into half* |
| 3g | 5g | Fresh Dill<br>*rinse, pick & roughly chop* |
| 50ml | 100ml | Tzatziki |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Mix in the onions, salad leaves, a generous drizzle of olive oil, and season (to taste).

2. FISH Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). Pat the fish dry with paper towel and coat with the Greek seasoning. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 2-3 minutes. Remove from the pan.

3. JUST BEFORE SERVING In a bowl, combine the lemon juice with a drizzle of olive oil. Add the tomato, olives, ½ the dill, and season (to taste).

4. TIME TO DINE Bowl up the couscous, top with the fish, and scatter over the tomato salsa. Finish with dollops of the tzatziki and garnish with the remaining dill. Enjoy, Chef!