



UCOOK

Flakey Basa & Baby Carrots

with a creamy cumin yoghurt, spring onion & fresh mint

An easy take on fine dining. Beautiful basa fillet on a bed of roasted carrots with cumin & chilli yoghurt, sprinkled with fresh mint and spring onion for a bite!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

750g	Butternut <i>cut into half-moons</i>
300g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
15ml	Cumin Seeds
150ml	Low Fat Plain Yoghurt
2	Fresh Chillies <i>deseeded & finely sliced</i>
2	Lemons <i>1½ zested & cut into wedges</i>
12g	Fresh Mint <i>rinsed, picked & finely sliced</i>
3	Basa Fillets
30ml	NOMU Seafood Rub
60g	Salad Leaves <i>rinsed</i>
3	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. LET'S RAISE A ROAST Preheat the oven to 200°C. Place the butternut half moons and halved baby carrots on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 35-40 minutes until softened and starting to caramelise, shifting halfway.

2. YOU CUMIN WITH? Place a pan over a medium-high heat. Add the cumin seeds and toast for 1-2 minutes, until fragrant, shifting occasionally. Remove from the pan on completion. Once cooled slightly, place on a chopping board and using the back of a knife, gently crush the toasted cumin seeds until powdered. Alternatively, use a pestle and mortar if you have one.

3. YAY FOR YOGHURT In a bowl, add the yoghurt, the sliced chilli (to taste), the lemon zest (to taste), a squeeze of lemon juice, ½ the sliced mint, a drizzle of olive oil, seasoning and the crushed cumin seeds (to taste). Mix until fully combined.

4. IT'S O-FISH-AL Pat the basa dry with some paper towel and coat in the seafood rub and seasoning. 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. You may need to do this step in batches. Remove from the pan on completion.

5. LET'S PLATE, CHEF! Plate up your beautiful basa. Dollop on the cumin yoghurt. Side with the roast veg and rinsed salad leaves. Sprinkle over the sliced spring onion and the remaining mint. Serve with a lemon wedge. Stunning, Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	285kj
Energy	68Kcal
Protein	6.6g
Carbs	8g
of which sugars	2.1g
Fibre	1.9g
Fat	1g
of which saturated	0.3g
Sodium	124mg

Allergens

Dairy, Allium, Fish

Cook
within 2
Days