



# UCOOK

## Basil & Feta-crumbed Basa

with quinoa, Kalamata olives & flaked almonds

A scrumptious basil, feta and almond-crumbed basa fillet is baked until flaky and served with a loaded quinoa salad including tomato, olives, cucumber and feta. This dish is light, tasty and super quick to make!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Aisling Kenny

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 Quick & Easy

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 Boschendal | Rachelsfontein Chenin Blanc

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## Ingredients & Prep

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|       |   |
|-------|---|
| 225ml | Quinoa  |
| 150ml | Panko Breadcrumbs   |
| 12g   | Fresh Basil<br><i>rinsed, picked &amp; finely chopped</i> |
| 30g   | Flaked Almonds  |
| 7,5ml | Ground Paprika  |
| 120g  | Danish-style Feta<br><i>drained</i>                       |
| 3     | Basa Fillets  |
| 45ml  | Dijon Mustard   |
| 60g   | Pitted Kalamata Olives                                    |
| 300g  | Cucumber  |
| 2     | Tomatoes  |
| 30ml  | White Wine Vinegar  |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. QUINOA WHAT? YOU'RE RIGHT!** Preheat the oven to 200°C. Rinse the quinoa and place in a pot. Submerge in 600ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and the tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

**2. MEDITERRANEAN CRUMB** In a bowl, combine the breadcrumbs, ½ the chopped basil, the flaked almonds, the paprika (to taste), and ½ the drained feta. Add oil in 5ml increments until the crumb is lightly coated in oil.

**3. BAKE THE BASA** Pat the basa dry with a paper towel and place on a lightly greased baking tray. Season and coat in ½ the mustard. Top with the basil-almond crumb. Pop in the hot oven and bake for 7-8 minutes until the basa is cooked through and the crumb is crispy.

**4. ALMOST THERE...** Drain and halve the olives. Cut the cucumber and tomato into bite-sized chunks. In a salad bowl, combine the remaining mustard, the white wine vinegar, a sweetener of choice (to taste), a drizzle of oil, and some seasoning. Add the cucumber and tomato chunks, the remaining feta, the cooked quinoa, and the halved olives. Toss until fully combined.

**5. WHO'S THE BASA?** Plate up the crumbed basa and side with the loaded quinoa. Garnish with the remaining basil.

## Nutritional Information

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Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 528kJ   |
| Energy             | 126Kcal |
| Protein            | 9.4g    |
| Carbs              | 13g     |
| of which sugars    | 1.7g    |
| Fibre              | 1.8g    |
| Fat                | 4.6g    |
| of which saturated | 1.5g    |
| Sodium             | 177mg   |

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish, Tree Nuts

Cook  
within 2  
Days