



U C O O K

— COOKING MADE EASY

FRAGRANT CAPE BASA

with Cape Malay curried veg, brown basmati & charred peppers

Inspired by Cape Malay-style pickled fish, this dish has a whole lot of spice and tang! Basmati rice with charred pickled peppers and corn, golden Basa fillet, and curried baby spinach, onion, and garlic with a subtle vinegary bite.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen



Health Nut

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Ingredients & Prep

75ml	Brown Basmati Rice
10g	Sunflower Seeds
40g	Pickled Bell Peppers <i>drained & roughly chopped</i>
50g	Corn
1	Basa Fillet
1	Onion <i>one half peeled & sliced</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Baby Spinach <i>rinsed</i>
15ml	Spice and All Things Nice Cape Malay Curry Paste
10ml	White Wine Vinegar
3g	Fresh Coriander <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. BUBBLING BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 200ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary.

2. TOAST THE SEEDS Place a deep, nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CHARRED CORN & PEPPERS Return the pan to a high heat with a drizzle of oil. When hot, char the corn and chopped pickled peppers for 3-4 minutes, shifting occasionally. Remove from the pan on completion and place in a bowl. When the rice is cooked, stir through the charred corn and peppers and season to taste. Replace the lid and set aside for serving.

4. PAN FRY THE BASA Pat the basa fillet dry with some paper towel and season to taste. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fillet for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion.

5. LOCAL FLAVOUR! Return the pan to a medium heat with another drizzle of oil. When hot, fry the sliced onion for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and rinsed baby spinach and sauté for 1-2 minutes until the spinach has wilted. Reduce to a low heat and add in the Cape Malay curry paste to taste. Fry for a minute until fragrant, shifting constantly. Mix in the white wine vinegar, 100ml of water, some seasoning, and a sweetener of choice to taste. Increase the heat and simmer for 3-4 minutes, stirring occasionally. Return the fillet to the pan and heat through for 1-2 minutes, continuously basting it with the sauce. On completion, sprinkle over the chopped coriander and remove the pan from the heat.

6. LEKKER EET! Make a bed of veg-filled basmati rice. Top with the warm basa fillet and smother in spoonfuls of curried spinach and onion. Garnish with the toasted sunflower seeds and enjoy, Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels and gradually add in any remaining curry paste if you'd like to increase the heat.

Nutritional Information

Per 100g

Energy	564kJ
Energy	135Kcal
Protein	10.2g
Carbs	18g
of which sugars	2.6g
Fibre	2g
Fat	2.8g
of which saturated	0.4g
Sodium	183mg

Allergens

Allium, Sulphites, Fish

Cook
within 2
Days