



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!

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Quick & Easy

 Boschendal | Rachelsfontein Chenin Blanc

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Ingredients & Prep

75ml	Quinoa
50ml	Panko Breadcrumbs
4g	Fresh Basil <i>rinsed, picked & finely chopped</i>
10g	Flaked Almonds
2,5ml	Ground Paprika
40g	Danish-style Feta <i>drained</i>
1	Basa Fillet
15ml	Dijon Mustard
20g	Pitted Kalamata Olives
100g	Cucumber
1	Tomato
10ml	White Wine Vinegar

From Your Kitchen

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 200ml 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

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

Allergens

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

Cook
within 2
Days