



UCOOK

Quick Basa Paella

with sliced chorizo, Danish-style feta & fresh parsley


Slow cooked arborio rice, laced with onions, garlic, and chorizo slices. Served with a beautiful golden basa fillet. Finished off with a carrot ribbon salad. Sprinkled with parsley and feta. Curtains up!


Hands-On Time: 35 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Ella Nasser

 Easy Peasy

 Anthonij Rupert | L'Ormarins Blanc de Blancs

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Ingredients & Prep

20ml	Vegetable Stock
2	Onions <i>peeled & diced</i>
120g	Chorizo Slices
4	Garlic Cloves <i>peeled & grated</i>
40ml	NOMU Seafood Rub
400ml	Arborio Rice
400g	Cooked Chopped Tomato
480g	Carrot <i>peeled into ribbons</i>
60ml	Cabernet Sauvignon Vinegar
4	Basa Fillets
160g	Danish-style Feta <i>drained</i>
10g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel

1. LET'S GET GOING Boil a full kettle. Dilute the stock with 1.2L of boiling water and set aside. Place a pan, large enough for the paella, over a medium heat with a drizzle of oil. When hot, add the diced onions, the chorizo slices, the grated garlic and ½ of the seafood rub. Fry for 5-6 minutes until soft and translucent, shifting occasionally. Stir through the arborio rice for 1-2 minutes until fully combined. Mix through the cooked chopped tomato. Slowly pour in the diluted stock. Bring to a boil, reduce the heat to low, and gently simmer for 20-25 minutes until the rice is al dente and all the stock has been absorbed.

2. ALMOST THERE Once the paella is cooked, season with salt and pepper. Remove from the heat and cover with tinfoil and let the paella steam for 5-8 minutes.

3. CARROT TOSS-UP In a salad bowl, add the carrot ribbons, vinegar, a drizzle of oil and some seasoning. Toss until fully combined.

4. SPANISH BASA Pat the basa dry with some paper towel. Coat in the remaining seafood rub, a drizzle of oil and some seasoning. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes per side until cooked through and golden. You may need to do this step in batches.

5. INDULGE Dish up the paella and top with the golden basa. Serve the carrot salad on the side and crumble over the feta. Garnish with the chopped parsley. Enjoy, Chef!



Chef's Tip

The secret to a well-cooked paella: never stir it, only stir when it's necessary!

Nutritional Information

Per 100g

Energy	565kJ
Energy	135Kcal
Protein	8.8g
Carbs	16g
of which sugars	3g
Fibre	1.5g
Fat	4g
of which saturated	1.9g
Sodium	327mg

Allergens

Dairy, Allium, Sulphites, Fish, Alcohol

Cook
within 2
Days