



U COOK

— COOKING MADE EASY

GREEK BASA

with olive-packed basil pesto & roast sweet potato

Sail away on the ease of this one-tray bake: roast sweet potato, crispy kale, blistered baby tomatoes, and basa smothered in zesty butter. No travel? No problem! Here's a culinary cruise in the Greek Isles.

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

1kg	Sweet Potato rinsed & cut into half-moons
60ml	Pesto Princess Basil Pesto
3	Lemons zested & cut into wedges
100g	Pitted Kalamata Olives drained & roughly chopped
400g	Kale rinsed & shredded
600g	Baby Tomatoes rinsed & halved
4	Basa Fillets
120g	Feta drained
10g	Fresh Mint rinsed & picked

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. SUCCULENT SWEET POTATO Preheat the oven to 200°C. Weigh out 40g of butter and place in a bowl. Set aside to come up to room temperature. Spread out the sweet potato half-moons on a large roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through.

3. OLIVE & BASIL DRESSING Combine the basil pesto with 1 tbsp of olive oil, some lemon zest to taste, and three-quarters of the chopped olives. Set aside for serving.

4. KALE & BUTTER BASTING Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and seasoning to taste. Using your hands, gently massage the kale until softened and coated in oil. Combine the softened butter with some lemon zest and seasoning to taste.

5. GET BAKING When the sweet potato has reached the halfway mark, flip them over and scatter the kale across the top. Spread out the halved baby tomatoes on a separate roasting tray, coat in oil, and season. Pat the basa fillets dry with some paper towel and pop on top of the tomatoes. Smear the zesty butter over the upper sides of the fillets. Return both trays to the oven for 10-15 minutes. Remove from the oven when the fish is cooked through, the kale is crispy, the tomatoes have blistered, and the sweet potato is crisping up.

6. DIG IN Plate up this roasted goodness any way you wish! Drizzle liberally with the olive and basil pesto dressing and crumble over the drained feta. Garnish with the fresh mint leaves and remaining olives. Don't forget a lemon wedge for serving. Bon appétit!



Chef's Tip

Tomatoes are high in antioxidants and vitamin C. Cherry tomatoes in particular have a slightly higher beta-carotene content than regular, large tomatoes.

Nutritional Information

Per 100g

Energy	365kj
Energy	87Kcal
Protein	6.2g
Carbs	8g
of which sugars	2.7g
Fibre	1.8g
Fat	3.1g
of which saturated	1.1g
Salt	0.3g

Allergens

Dairy, Allium, Fish, Tree Nuts

Cook
within 2
Days