



# UCOOK

## Za'atar Salsa Verde On Basa

**with a roasted beetroot & pumpkin salad and fresh coriander**

A simple yet divine dinner awaits! Perfectly cooked basa dripping with homemade za'atar salsa verde is sided with a simple salad of roast beetroot, pumpkin and green leaves. Sprinkle with flaked almonds for crunch and dinner is served!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes


---

**Serves:** 3 People

---

**Chef:** Thea Richter

---

 Carb Conscious

---

 Robertson Winery | Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
45ml	Pomegranate Molasses
750g	Pumpkin Chunks <i>cut into bite-sized chunks</i>
30g	Flaked Almonds
3	Basa Fillets
3	Garlic Cloves <i>peeled &amp; grated</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
45ml	Za'atar
12g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
12g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
60g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. RAVISHING ROAST VEG** Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray, coat in oil, the pomegranate molasses and season. Place the pumpkin chunks on a separate roasting tray, coat in oil and season. Pop both trays in the oven and roast in the hot oven for 35-40 minutes until cooked through and crisped.

**2. LET'S TOAST** Place the flaked almonds in a nonstick pan, large enough for the basa, over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Once cool enough to handle, finely chop ½ of the flaked almonds and set aside.

**3. ZA'ATAR SALSA VERDE** When the veg has 10 minutes remaining, place the grated garlic and chopped chilli (both to taste) in a bowl. Add the za'atar (to taste), chopped parsley, ½ the chopped coriander, and the chopped flaked almonds. Mix until fully combined. Add olive oil in 10ml increments until drizzling consistency. Set aside for serving.

**4. BEAUTIFUL BASA** Pat the basa dry with some paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the fish for 2-3 minutes on each side until cooked through and golden. You may need to do this step in batches. Remove from the pan on completion. In a salad bowl, mix together the roasted beetroot and pumpkin, the rinsed green leaves, seasoning and a drizzle of olive oil. Toss until combined.

**5. THE MAIN EVENT** Pile up the roasted veg, side with the perfectly cooked basa drizzled with the za'atar salsa verde. Sprinkle over the remaining flaked almonds and the remaining coriander. Beautiful, Chef!



## Chef's Tip

If you prefer to cook your garlic for the salsa verde, place the whole cloves in the oven with the beetroot. Roast for 15-20 minutes, squeeze the flesh out of the skin and finely chop before adding to your salsa verde.

## Nutritional Information

Per 100g

Energy	296kJ
Energy	71Kcal
Protein	6.3g
Carbs	8g
of which sugars	2.6g
Fibre	2.5g
Fat	1.5g
of which saturated	0.3g
Sodium	49mg

## Allergens

Allium, Sesame, Fish, Tree Nuts

Cook  
within 2  
Days