



ROYAL  
VOLUNTARY  
SERVICE

# PAN-FRIED BASA FISH FILLETS WITH BUTTERBEANS

*by Alison Crouch*

## Ingredients

- 2 tbsp oil
- 2 onions, diced
- 2 cloves garlic, crushed
- 1 red pepper, diced
- 1 courgette, diced
- 1 tin chopped tomatoes
- Pinch of sugar
- A handful of fresh oregano, or 1 tsp dried
- 1 tin butterbeans
- Salt and pepper
- 4 Basa fillets
- A handful of fresh parsley, chopped
- 2 tbsp breadcrumbs (1 slice of bread made into breadcrumbs)
- 50g parmesan, grated

## Method

- 1. Heat the oil in an ovenproof pan. Fry the onion and garlic for 3 minutes. Add the pepper and courgette. Fry for a further 3 to 4 minutes to soften. Add the tinned tomatoes, sugar and oregano. Stir in the butterbeans. Simmer for 5 minutes on a low heat, then season to taste.**
- 2. Place the Basa fillets on top of the tomato sauce. Simmer with the lid on for 10 minutes or until the fish is cooked through.**
- 3. Mix together the parsley, breadcrumbs and parmesan. Sprinkle the breadcrumb mixture over the fish. Place the lid back on and simmer on low for 5 minutes, then pop under the grill for a crunchy topping.**
- 4. Portion the dish into 2 to 4 containers and freeze. Defrost well before reheating in the oven until piping hot throughout. (Or use the microwave or air fryer).**



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5. Cooking time will vary depending on the thickness of the cut of fish. Check the fish is opaque all the way through and flakes easily, then eat!
6. Serve with crispy diced potatoes or herby couscous. Allow 60g couscous per person. Pour hot stock into the couscous, the same volume of liquid as couscous. Stir well and fold in freshly chopped herbs, lemon juice and season well.

### **OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.**

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