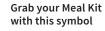


Easy Crumbed Basa & Cos Salad Taco with Dill Parsley Mayo & Pickled Onion

TAKEAWAY FAVES

KID FRIENDLY

CLIMATE SUPERSTAR









Crumbed Basa



Baby Cos



Tomato

Lettuce





Cucumber



Mini Flour



Dill & Parsley

Mayonnaise



Prep in: 10-20 mins Ready in: 15-25 mins

Our newest protein on the market is deliciously tender crumbed basa. This fish dish works a treat with cos salad and herby mayo and will change the way you want your fish forever. Fish tacos for the win!



Chicken Salt







Tortillas



Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
crumbed basa	1 medium packet	2 medium packets OR 1 large packet	
chicken salt	1 packet	2 packets	
baby cos lettuce	½ head	1 head	
tomato	1	2	
cucumber	1	2	
red onion	1/2	1	
white wine vinegar*	1 tbs	2 tbs	
mini flour tortillas	6	12	
dill & parsley mayonnaise	1 large packet	2 large packets	
crumbed basa**	1 medium packet	2 medium packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3389.5kJ (810Cal)	1456.5kJ (348Cal)
25.8g	7.5g
48.7g	20.9g
10.2g	3.2g
65.8g	32g
15.7g	9.8g
1535mg	1535mg
	3389.5kJ (810Cal) 25.8g 48.7g 10.2g 65.8g 15.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4552.9kJ (1088Cal)	1456.5kJ (348Cal)
Protein (g)	42.9g	7.5g
Fat, total (g)	59.5g	20.9g
- saturated (g)	15.6g	3.2g
Carbohydrate (g)	92.4g	32g
- sugars (g)	18.5g	9.8g
Sodium (mg)	2030.6mg	332mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

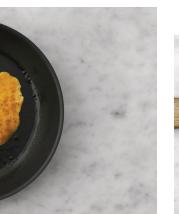
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the fish

- Heat a large frying pan over medium-high heat with enough olive oil to coat
- When oil is hot, cook crumbed basa until golden and cooked through, 2-3 minutes each side.
- Transfer to a paper towel-lined plate. Sprinkle with **chicken salt** to season.

Custom Recipe: If you've doubled your crumbed basa, cook basa in batches for best results.



Get prepped

- Meanwhile, roughly chop baby cos lettuce (see ingredients).
- · Cut tomato into thin wedges.
- Thinly slice cucumber into half-moons.
- Thinly slice red onion (see ingredients).
- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of sugar and salt. Microwave onion for 30 second bursts, until softened.



Toss the salad

- In a large bowl, combine cos lettuce, tomato, cucumber, a drizzle of olive oil and a splash of pickling juice. Season.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Serve up

- Slice crumbed basa.
- Spread tortillas with dill & parsley mayonnaise and fill with cos salad and crumbed basa.
- · Top with pickled onion to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!



Let our culinary team know: hellofresh.com.au/rate