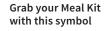


Easy Crumbed Basa & Crispy Wedges with Caper Tartare Sauce & Garden Salad

TAKEAWAY FAVES

KID FRIENDLY

CLIMATE SUPERSTAR















Cucumber





Tartare Sauce





Crumbed Basa

Chicken Salt



Mixed Salad Leaves

Balsamic Vinaigrette

Dressing



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Fish and chips are an Aussie classic, so it was only right that we whipped up a crumbed basa, potato wedges and garden salad number. Don't forget the caper tartare sauce and lemon!

Pantry items Olive Oil

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

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| tomato | 1 | 2 |
| cucumber | 1 | 2 |
| lemon | 1/2 | 1 |
| capers | 1 packet | 2 packets |
| tartare sauce | 1 medium packet | 2 medium packets |
| crumbed basa | 1 medium packet | 2 medium packets OR 1 large packet |
| chicken salt | 1 packet | 2 packets |
| mixed salad leaves | 1 small packet | 1 medium packet |
| balsamic vinaigrette dressing | 1 packet | 2 packets |
| crumbed basa** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Per Serving | Per 100g |
|-----------------|---|
| 2587kJ (618Cal) | 443kJ (106Cal) |
| 24.1g | 4.1g |
| 31.3g | 5.4g |
| 7.1g | 1.2g |
| 55.9g | 9.6g |
| 12.3g | 2.1g |
| 1829mg | 313mg |
| | 2587kJ (618Cal) 24.1g 31.3g 7.1g 55.9g 12.3g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3690kJ (882Cal) | 560kJ (134Cal) |
| Protein (g) | 40.5g | 6.1g |
| Fat, total (g) | 42g | 6.4g |
| - saturated (g) | 12.5g | 1.9g |
| Carbohydrate (g) | 81.5g | 12.4g |
| - sugars (g) | 14.1g | 2.1g |
| Sodium (mg) | 2320mg | 352mg |

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.

We're here to help!

Scan here if you have any questions or concerns





Bake the potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Cook the fish

- When wedges have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- 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 basa with a pinch of chicken salt.

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



Get prepped

- Meanwhile, cut tomato into thin wedges.
- Thinly slice cucumber into rounds.
- Slice lemon into wedges.
- · Roughly chop capers.
- In a small bowl, combine tartare sauce and capers.

TIP: If you like, separate the kids portion before adding the capers!
Little cooks: Take charge by combining the tartare sauce and capers!



Toss the salad & serve up

- In a large bowl, combine tomato, cucumber, mixed salad leaves and balsamic vinaigrette dressing.
- To tray with wedges, sprinkle over remaining chicken salt and toss until well combined.
- Divide crumbed basa, wedges and garden salad between plates. Serve with caper tartare sauce and lemon wedges. Enjoy!

Little cooks: Take the lead by tossing the salad!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

