



Easy Crumbed Basa & Crispy Wedges

with Caper Tartare Sauce & Garden Salad

TAKEAWAY FAVES

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Lemon



Capers



Tartare Sauce



Crumbed Basa



Chicken Salt



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Crumbed Basa

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



Calorie Smart*
**Custom recipe is not Calorie Smart*

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · 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	½	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	443kJ (106Cal)
Protein (g)	24.1g	4.1g
Fat, total (g)	31.3g	5.4g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	55.9g	9.6g
- sugars (g)	12.3g	2.1g
Sodium (mg)	1829mg	313mg

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



1



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.

3



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.

2



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!

4



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

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