



Crumbed Basa & Cheesy Sweet Potato Chunks with Apple Slaw & Garlic Aioli

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Cheddar Cheese



Crumbed Basa



Apple



Slaw Mix



Baby Spinach Leaves



Garlic Aioli



Crumbed Basa

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

Eat Me Early

Pair crumbed basa with two equally adoring sides; cheesy All-American spiced sweet potato chunks and and bright and light apple slaw. You'll be coming back for seconds and maybe even thirds.

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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
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)	3032kJ (725Cal)	568kJ (136Cal)
Protein (g)	28.2g	5.3g
Fat, total (g)	35.8g	6.7g
- saturated (g)	11.1g	2.1g
Carbohydrate (g)	70.1g	13.1g
- sugars (g)	27.6g	5.2g
Sodium (mg)	1107mg	207mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4196kJ (1003Cal)	622kJ (149Cal)
Protein (g)	45.2g	6.7g
Fat, total (g)	46.6g	6.9g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	96.7g	14.3g
- sugars (g)	30.4g	4.5g
Sodium (mg)	1603mg	238mg

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



Roast the cheesy sweet potato chunks

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato chunks** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and toss to coat.
- Roast until tender, **20-25 minutes**.
- In the last **5 minutes**, remove from oven, sprinkle with **Cheddar cheese** and return to bake until golden and crisp.

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

3



Assemble the slaw

- While crumbed basa is cooking, thinly slice **apple** into wedges.
- In a large bowl, combine **slaw mix**, **apple**, **baby spinach leaves**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the crumbed basa

- When potato has **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. Season with a pinch of **salt**.

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

4



Serve up

- Divide crumbed basa, cheesy sweet potato chunks and apple slaw between plates. Serve with **garlic aioli**. Enjoy!

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