

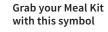
Crumbed Basa & Cos Salad Tacos

with Dill-Parsley Mayo & Pickled Onion

TAKEAWAY FAVES

KID FRIENDLY

CLIMATE SUPERSTAR









Crumbed Basa

Chicken Salt



Baby Cos



Tomato

Lettuce





Cucumber



Mini Flour



Mayonnaise

Tortillas



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



Eat Me Early

mayo and will change the way you want your fish forever. Fish tacos for the win!

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 medium packet | 2 medium 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

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| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3673kJ (878Cal) | 737kJ (176Cal) |
| Protein (g) | 26.8g | 5.4g |
| Fat, total (g) | 50.4g | 10.1g |
| - saturated (g) | 9.6g | 1.9g |
| Carbohydrate (g) | 76g | 15.3g |
| - sugars (g) | 15g | 3g |
| Sodium (mg) | 1621mg | 325mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4836kJ (1156Cal) | 758kJ (181Cal) |
| Protein (g) | 43.9g | 6.9g |
| Fat, total (g) | 61.2g | 9.6g |
| - saturated (g) | 15.1g | 2.4g |
| Carbohydrate (g) | 102.6g | 16.1g |
| - sugars (g) | 17.8g | 2.8g |
| Sodium (mg) | 2117mg | 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 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 with **chicken salt** to season.

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



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.

Little cooks: Take the lead by tossing the salad!



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.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



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!

