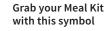


Crumbed Fish & Smokey Aioli Tacos

with Slaw & Cucumber

KID FRIENDLY

CLIMATE SUPERSTAR













Crumbed Basa





Smokey Aioli



Tortillas





Prep in: 20-30 mins Ready in: 25-35 mins

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



Eat Me First

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

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
baby spinach leaves	1 small packet	1 medium packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 medium packet	1 large packet
smokey aioli	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
crumbed basa**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2985kJ (713Cal)	709kJ (169Cal)
25.9g	6.2g
33.7g	8g
8.8g	2.1g
71.6g	17g
11.7g	2.8g
1069mg	254mg
7.7g	1.8g
	2985kJ (713Cal) 25.9g 33.7g 8.8g 71.6g 11.7g 1069mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4154kJ (992Cal)	741kJ (177Cal)
Protein (g)	43g	7.7g
Fat, total (g)	44.4g	7.9g
- saturated (g)	15g	2.7g
Carbohydrate (g)	99.1g	17.7g
- sugars (g)	15.2g	2.7g
Sodium (mg)	1550mg	276mg
Dietary Fibre	7.7g	1.4g

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.



Get prepped

- Thinly slice cucumber into rounds.
- · Roughly chop baby spinach leaves.



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.

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



Toss the salad

- · While the fish is cooking, in a large bowl, combine slaw mix, half the **smokey aioli** and a drizzle of **white wine vinegar**. Season, then toss to coat.
- Heat mini flour tortillas on a plate in the microwave in 10 second bursts, until warmed through.



Serve up

- · Slice fish.
- · Spread remaining smokey aioli over tortillas.
- Top each tortilla with slaw, cucumber and crumbed fish to serve. Enjoy!





