



Crumbed Fish & Smokey Aioli Tacos

with Slaw & Cucumber

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Baby Spinach Leaves



Crumbed Basa



Slaw Mix



Smokey Aioli



Mini Flour Tortillas



Crumbed Basa

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

Eat Me First

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

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

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	709kJ (169Cal)
Protein (g)	25.9g	6.2g
Fat, total (g)	33.7g	8g
- saturated (g)	8.8g	2.1g
Carbohydrate (g)	71.6g	17g
- sugars (g)	11.7g	2.8g
Sodium (mg)	1069mg	254mg
Dietary Fibre (g)	7.7g	1.8g

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

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



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.



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.

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



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate