



Quick Crumbed Basa & Cos Salad Tacos

with Dill Parsley Mayo & Pickled Onion

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Crumbed Basa



Chicken Salt



Baby Cos Lettuce



Tomato



Cucumber



Red Onion



Mini Flour Tortillas



Dill & Parsley Mayonnaise



Crumbed Basa

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early

Our newest protein on the market is deliciously tender crumbed basa. This fish dish works a treat with cos salad and herby mayo 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
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
chicken salt	1 medium sachet	2 medium sachets
baby cos lettuce	½ head	1 head
tomato	1	2
cucumber	1	2
red onion	½	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

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3738kJ (893Cal)	625kJ (149Cal)
Protein (g)	28.2g	4.7g
Fat, total (g)	50.7g	8.5g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	77.8g	13g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1639mg	274mg
Dietary Fibre (g)	9.8g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4901kJ (1171Cal)	664kJ (159Cal)
Protein (g)	45.3g	6.1g
Fat, total (g)	61.5g	8.3g
- saturated (g)	15.1g	2g
Carbohydrate (g)	104.4g	14.1g
- sugars (g)	19.6g	2.7g
Sodium (mg)	2135mg	289mg
Dietary Fibre	9.8g	1.3g

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



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!

Rate your recipe

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