



Crumbed Fish & Herby Sweet Potato Wedges

with Creamy Ranch Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Crumbed Basa



Apple



Cucumber



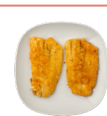
Mixed Salad Leaves



Ranch Dressing



Garlic Aioli



Crumbed Basa

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

Eat Me Early

It's fish and wedges, but all jazzed up. Quick cooking crumbed basa is perfect for when you're short on time and tastes even better when served with a ranch salad. Oh, and the best bit about this fish dish? No seagulls to steal your wedges!

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

Pantry items

Olive Oil

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
garlic & herb seasoning	1 medium sachet	1 large sachet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
cucumber	1	2
mixed salad leaves	1 medium packet	1 large packet
ranch dressing	½ medium packet	1 medium packet
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)	2873kJ (687Cal)	535kJ (128Cal)
Protein (g)	23.3g	4.3g
Fat, total (g)	35.4g	6.6g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	67.1g	12.5g
- sugars (g)	23.7g	4.4g
Sodium (mg)	928mg	173mg
Dietary Fibre (g)	9.1g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4062kJ (971Cal)	598kJ (143Cal)
Protein (g)	40.6g	6g
Fat, total (g)	46.2g	6.8g
- saturated (g)	13.2g	1.9g
Carbohydrate (g)	94.9g	14g
- sugars (g)	26.9g	4g
Sodium (mg)	1540mg	227mg
Dietary Fibre	9.2g	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



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **sweet potato** on a lined oven tray. Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

3



Make the salad

- While fish is cooking, thinly slice **apple** into wedges.
- Slice **cucumber** into rounds.
- Combine **apple**, **cucumber** and **mixed salad leaves** in a medium bowl.
- Add **ranch dressing** (see ingredients), tossing to coat. Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Cook the fish

- When the wedges have **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.

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

4



Serve up

- Divide crumbed fish, herby sweet potato wedges and salad between plates. Serve with **garlic aioli**. Enjoy!

Rate your recipe

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