



# Crumbed Fish Burger

with Veggie Fries & Lemon

FEEL-GOOD TAKEAWAY

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

27



Carrot



Zucchini



Crumbed Basa



Bake-At-Home Burger Buns



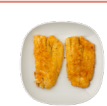
Lemon



Mixed Salad Leaves



Caesar Dressing



Crumbed Basa



Chicken Breast

Prep in: 10-20 mins  
Ready in: 30-40 mins

Eat Me Early

Pile your burger high with the irresistible combo of crisp battered fish, creamy dressing, bright salad leaves and a generous squeeze of lemon juice. Serve alongside some colourful veggie fries for a spin on the classic fish and chips.

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
bake-at-home burger buns	2	4
lemon	½	1
mixed salad leaves	1 small packet	1 medium packet
caesar dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (817Cal)	679kJ (162Cal)
Protein (g)	29.6g	5.9g
Fat, total (g)	40g	7.9g
- saturated (g)	11.1g	2.2g
Carbohydrate (g)	79.3g	15.7g
- sugars (g)	12.8g	2.5g
Sodium (mg)	1303mg	259mg
Dietary Fibre (g)	11.5g	2.3g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **zucchini** into fries.
- Place **veggies** on lined oven tray. Drizzle with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.

3



## Heat the buns & toss salad

- While the fish is cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Meanwhile, slice **lemon** into wedges.
- In a medium bowl, combine **mixed salad leaves**, a squeeze of **lemon juice**, and a drizzle of **olive oil**.

2



## Cook the fish

- Set your air fryer to **200°C**. When fries have **10 minutes** remaining, place **crumbed basa** into air fryer basket and cook until golden and cooked through, **8-10 minutes**. Cook in batches if needed. Transfer to a paper towel-lined plate. Season with **salt**.

**TIP:** Don't have an air fryer? When fries 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 and season with salt.

4



## Serve up

- Spread the base of the burger buns with **caesar dressing**, then top with crumbed fish and salad.
- Serve with veggie fries and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



### CUSTOM OPTIONS

**+** **DOUBLE CRUMBED BASA**  
Follow method above.

**↻** **SWAP TO CHICKEN BREAST**  
Cut chicken breast horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

