

Crumbed Fish & Easy Lemon-Crushed Potatoes

with Garden Salad & Sweet Chilli Mayo

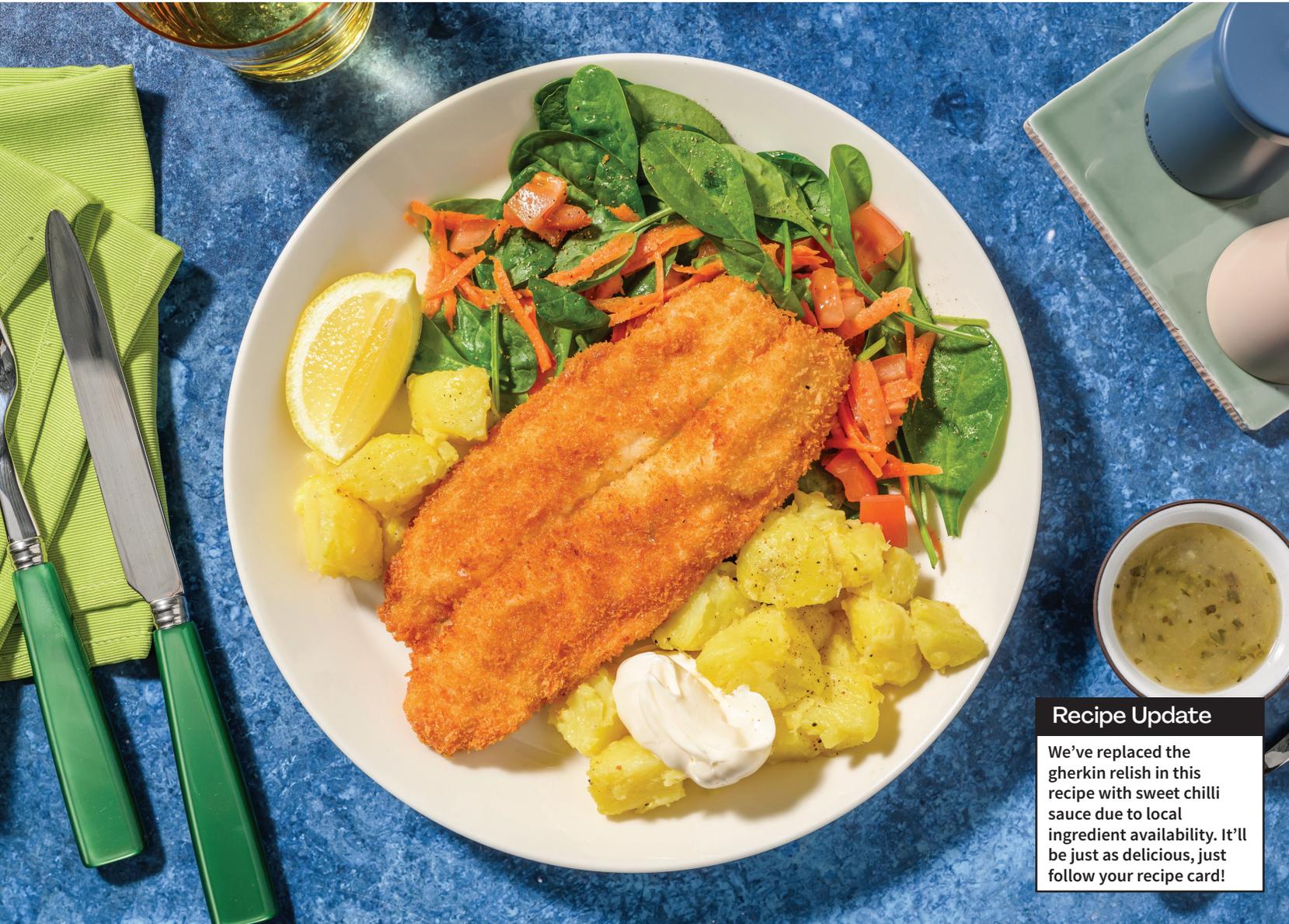
NEW

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

12



Recipe Update

We've replaced the gherkin relish in this recipe with sweet chilli sauce due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Lemon



Carrot



Tomato



Mayonnaise



Sweet Chilli Sauce



Chopped Potato



Chicken-Style Stock Powder



Crumbed Basa



Baby Spinach Leaves



Barramundi



Crumbed Basa

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

 Eat Me Early

Retire your usual fish and chips and bring on this easy taste sensation! Pre-crumbed basa plus pre-chopped potato means most of the work is done for you, leaving more time to enjoy the zesty flavours and delicious sweet chilli mayo.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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

Medium saucepan · Air fryer or Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
carrot	1	2
tomato	1	2
mayonnaise	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
chopped potato	1 medium packet	1 large packet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3191kJ (763Cal)	582kJ (139Cal)
Protein (g)	23.5g	4.3g
Fat, total (g)	43.6g	8g
- saturated (g)	13.7g	2.5g
Carbohydrate (g)	65.5g	12g
- sugars (g)	15.4g	2.8g
Sodium (mg)	1970mg	359mg
Dietary Fibre (g)	5.7g	1g

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

- Boil the kettle.
- Zest **lemon**, then slice into wedges.
- Grate **carrot**.
- Roughly chop **tomato**.
- In a small bowl, combine **mayonnaise** and **sweet chilli sauce**.



Cook the fish

- While potato is cooking, set air fryer to **200°C**. 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: No air fryer? 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.



Cook the potato

- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Add **chopped potato** and cook over medium-high heat, until easily pierced with a knife, **8-10 minutes**.
- Drain, then return **potatoes** to the saucepan with the **butter**, **chicken-style stock powder**, **lemon zest**, a generous squeeze of **lemon juice**.
- Toss to coat, then lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry!



Serve up

- In a large bowl, combine **baby spinach leaves**, tomato, carrot and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide easy lemon-crushed potatoes, crumbed fish and salad between plates.
- Serve with sweet chilli mayonnaise and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO BARRAMUNDI

Heat a large frying pan with a drizzle of oil over medium-high heat. Cook until just cooked through, 5-6 minutes each side.



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.

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

