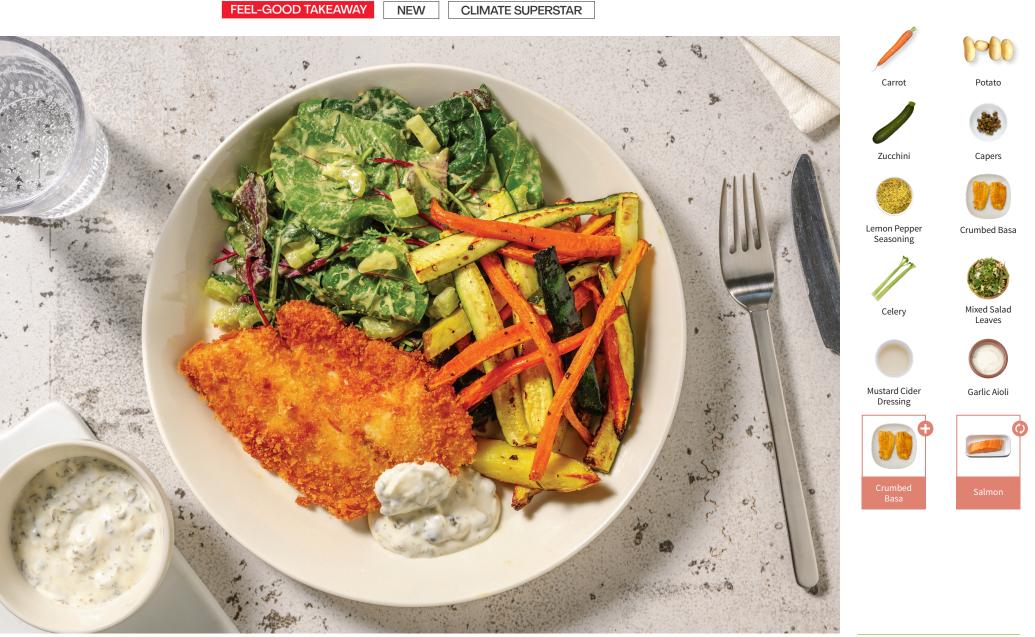


Crumbed Fish & Lemon-Pepper Veggie Fries with Celery Salad & Caper Aioli

Grab your meal kit with this number 27



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

1 Eat Me Early

Bring an elevated twist on the classic fish and chips to your table! Team zesty rainbow fries and a gorgeously green salad brimming with tang and crunch with our moreish crumbed basa and rich garlic aioli for a flavour sensation.

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 · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
zucchini	1	2
capers	½ packet	1 packet
lemon pepper seasoning	1 sachet	2 sachets
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
celery	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
mustard cider dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3040kJ (727Cal)	577kJ (138Cal)
Protein (g)	23.8g	4.5g
Fat, total (g)	48.3g	9.2g
- saturated (g)	9.3g	1.8g
Carbohydrate (g)	47.3g	9g
- sugars (g)	13.2g	2.5g
Sodium (mg)	1410mg	268mg
Dietary Fibre (g)	6.3g	1.2g

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.



Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot, potato and zucchini into fries.
- Roughly chop capers (see ingredients).
- Place veggie fries on a lined oven tray. Sprinkle fries with lemon pepper seasoning, drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.



Cook the fish

- When the veggies 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 a pinch of salt.



Toss the salad

- Finely chop **celery**.
- In a large bowl, combine mixed salad leaves, celery and mustard cider dressing. Season to taste.



Serve up

- In a small bowl, combine garlic aioli and capers.
- Divide crumbed fish, lemon-pepper veggie fries and celery salad between plates.
- Serve with caper aioli. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2024 | CW29



DOUBLE CRUMBED BASA Follow method above, cooking in batches if necessary.

SWAP TO SALMON

In a large frying pan, cook over medium-high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking



instructions and nutrition information.