



# Quick Crispy Fish & Parmesan Burger

with Homemade Tomato Sauce & Corn on the Cob

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

19



Corn



Tomato Paste



Garlic & Herb Seasoning



Crumbed Basa



Bake-At-Home Burger Buns



Mayonnaise



Mixed Salad Leaves



Parmesan Cheese



Crumbed Basa



Chicken Breast

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

Eat Me Early

Dive into burger heaven with this crispy fish delight. Pile succulent crumbed fish, homemade tomato sauce and creamy mayo onto brioche-style buns for the ultimate gourmet burger. A juicy corn cob completes the feast making this a winner of a weeknight dinner!

### Pantry items

Olive Oil, Butter, Brown Sugar

## 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

Large frying pan · Air fryer

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
corn	1 cob	2 cobs
<b>butter*</b>	40g	80g
tomato paste	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4763kJ (1138Cal)	962kJ (230Cal)
Protein (g)	37.1g	7.5g
Fat, total (g)	63.7g	12.9g
- saturated (g)	25.4g	5.1g
Carbohydrate (g)	100.7g	20.3g
- sugars (g)	20.1g	4.1g
Sodium (mg)	1550mg	313mg
Dietary Fibre (g)	12.1g	2.4g

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



## Cook the corn

- Cut **corn** cob in half.
- Transfer **corn** to a large microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high, until tender, **4-5 minutes**.
- Drain any excess **liquid**. Season with **salt** and **pepper**. Top **corn** with half the **butter** and cover to keep warm.

3



## Cook the basa

- Set air fryer to **200°C**. Place **crumbed basa** into an 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? Wipe out frying pan and return to 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. Season with salt.

2



## Make the tomato sauce

- Meanwhile, in a large frying pan, heat the remaining **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **tomato paste** and **garlic & herb seasoning** until fragrant, **1 minute**.
- Add the **water** and **brown sugar** and cook, stirring, until slightly thickened, **1 minute**. Transfer to a bowl. Season to taste. Set aside.

4



## Serve up

- Halve **bake-at-home burger buns** then place in the air fryer basket and cook until heated through, **2-3 minutes**.
- Slice fish.
- Spread **mayonnaise** over bun bases then top with **mixed salad leaves** and crumbed basa. Spoon tomato sauce over fish and top with **Parmesan cheese**. Serve with corn on the cob. Enjoy!

**TIP:** No air fryer? Halve bake-at-home burger buns and toast or grill to your liking.

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken 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.

