

Easy Crumbed Fish & Parmesan Sweet Potato

with Salad & Smokey Aioli

NEW

KID FRIENDLY

Grab your meal kit with this number

14



Recipe Update

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



Sweet Potato



Parmesan Cheese



Crumbed Basa



Tomato



Baby Capsicum



Baby Spinach Leaves



Smokey Aioli



Salmon



Crumbed Basa

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

Calorie Smart

Eat Me Early

It's a classic, it's a favourite for all, it's the answer to your cravings, a steaming plate of fish and potato chunks. A must-have side of cheesy sweet potato and fresh salad adds the perfect finishing touches, meaning that you won't be needing that takeaway menu anymore.

Pantry items

Olive Oil, White Wine Vinegar

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Parmesan cheese	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
baby capsicum	2	4
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 medium packet	1 large packet
smokey aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2349kJ (561Cal)	513kJ (123Cal)
Protein (g)	27.4g	6g
Fat, total (g)	25.8g	5.6g
- saturated (g)	9g	2g
Carbohydrate (g)	52.5g	11.5g
- sugars (g)	9.9g	2.2g
Sodium (mg)	849mg	185mg
Dietary Fibre (g)	8.1g	1.8g

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.

1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**.
- In the **last 5 minutes** of cook time, remove from oven, sprinkle with **Parmesan cheese** and bake until golden and crisp, **5 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays!

3



Toss the salad

- While the fish is cooking, thinly slice **tomato** into wedges.
- Thinly slice **baby capsicum**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato**, **capsicum** and **baby spinach leaves**. Toss to coat.

Little cooks: Take the lead by tossing the salad!

2



Cook the fish

- When potatoes 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.

4



Serve up

- Divide crumbed fish, Parmesan sweet potato chunks and salad between plates.
- Serve with **smokey aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.



DOUBLE CRUMBED BASA

Follow method as 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.

