

Easy Crumbed Fish & Parmesan Sweet Potato with Salad & Smokey Aioli

NEW

KID FRIENDLY



Grab your meal kit with this number





Sweet Potato



Parmesan Cheese



Crumbed Basa



Tomato



Baby Capsicum



Baby Spinach



Smokey Aioli





with sweet potato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



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

3			
	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.

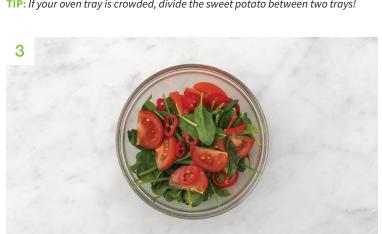
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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!



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.



Serve up

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







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



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.

