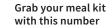


Quick Crumbed Basa & Cos Salad Tacos with Dill Parsley Mayo & Pickled Onion

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR









Crumbed Basa







Celery

Tomato





Mini Flour

Red Onion







Crumbed Basa



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

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

Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
baby cos lettuce	½ head	1 head
tomato	1	2
celery	1 medium packet	1 large packet
red onion	1/2	1
white wine vinegar*	1 tbs	2 tbs
mini flour tortillas	6	12
dill & parsley mayonnaise	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3851kJ (920Cal)	678kJ (162Cal)
Protein (g)	28.8g	5.1g
Fat, total (g)	51.4g	9g
- saturated (g)	10.7g	1.9g
Carbohydrate (g)	82.2g	14.5g
- sugars (g)	16.9g	3g
Sodium (mg)	1673mg	294mg
Dietary Fibre (g)	9.3g	1.6g

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.

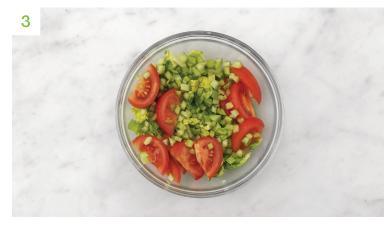


Cook the fish

- Set air fryer to 200°C. Place crumbed basa into air fryer basket and cook until golden and cooked through, 8-10 minutes.
- 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. Season with salt.

TIP: Cook crumbed basa in batches if your basket is crowded!



Toss the salad

- In a large bowl, combine cos lettuce, tomato, celery, a drizzle of olive oil
 and a splash of pickling juice. Season.
- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.

Little cooks: Take the lead by tossing the salad!



Get prepped

- Meanwhile, roughly chop baby cos lettuce (see ingredients).
- Cut tomato into thin wedges.
- Finely chop celery.
- Thinly slice red onion (see ingredients).
- In a small microwave-safe bowl, combine onion, the white wine vinegar and a good pinch of sugar and salt. Microwave onion for 30 second bursts, until softened.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Serve up

- · Slice crumbed basa.
- Fill tortillas with cos salad and crumbed basa.
- · Drizzle with dill & parsley mayonnaise.
- · Top with pickled onion to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!



