



Cheesy Fish Parmigiana

with Roast Potatoes & Steamed Veggies

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

14



Potato



Aussie Spice Blend



Crumbed Basa



Tomato Relish



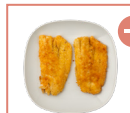
Cheddar Cheese



Carrot



Trimmed Green Beans



Crumbed Basa



Cheddar Cheese

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

Calorie Smart

Eat Me Early

Everything about this dish is fresh and pleasant. The easy prep steamed veggies are ready to welcome tomato melted crumbed fish to your table. Paired with Aussie-spiced potato chunks, you've got flavour aplenty!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
tomato relish	1 packet	2 packets
Cheddar cheese	½ medium packet	1 medium packet
carrot	1	2
trimmed green beans	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545cal)	271kJ (65cal)
Protein (g)	28.9g	3.4g
Fat, total (g)	18.7g	2.2g
- saturated (g)	9.8g	1.2g
Carbohydrate (g)	62.6g	7.5g
- sugars (g)	17.4g	2.1g
Sodium (mg)	1268mg	151mg
Dietary Fibre (g)	7.7g	0.9g

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 potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Sprinkle with **Aussie spice blend**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the potatoes between two trays.

Little cooks: Help out by tossing the potatoes with the olive oil and salt.

3



Cook the veggies

- While the fish is baking, thinly slice **carrot** into sticks.
- Add **trimmed green beans, carrot** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **veggies** on high until just tender, **2-4 minutes**.
- Drain **veggies**, then return to the bowl and cover to keep warm. Season with **salt** and **pepper** to taste.

2



Cook the fish

- When the potatoes have **15 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 second lined oven tray. Season with a pinch of **salt** and **pepper**. Spread **tomato relish** over fish, then sprinkle with **Cheddar cheese** (see **ingredients**).
- Bake until cheese is melted and golden, **5-8 minutes**.

Little cooks: Top the fish with the relish and cheese!

4



Serve up

- Divide cheesy fish parmigiana between plates.
- Serve with roast potatoes and steamed veggies. Enjoy!

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.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

