

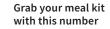
Crumbed Basa Burger & Tartare Sauce

with Herby Wedges & Avocado

TAKEAWAY FAVES

AIR FRYER FRIENDLY

KID FRIENDLY









Seasoning







Red Onion







Bake-At-Home **Burger Buns**





Tartare Sauce





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

Eat Me Early



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 \cdot Air fryer or large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
avocado	1	2
red onion	1/2	1
white wine vinegar*	1/4 cup	½ cup
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
bake-at-home burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
tartare sauce	1 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4021kJ (961cal)	331kJ (79cal)
Protein (g)	34.1g	2.8g
Fat, total (g)	42.9g	3.5g
- saturated (g)	11.1g	0.9g
Carbohydrate (g)	104.2g	8.6g
- sugars (g)	17.3g	1.4g
Sodium (mg)	1348mg	111.1mg
Dietary Fibre (g)	17.5g	1.4g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into wedges and place on a lined oven tray. Sprinkle with garlic & herb seasoning and a pinch of salt.
- Drizzle with olive oil and toss to coat. Bake until tender, 20-25 minutes.



Cook fish & toast buns

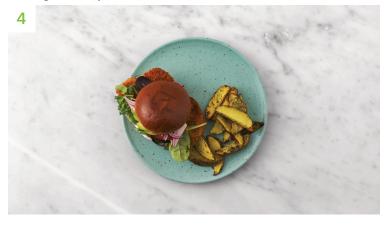
- Set air fryer to 200°C. Place crumbed basa into the air fryer basket and cook until golden and cooked through, 8-10 minutes. Transfer to a paper towel-lined plate. Season with salt and pepper.
- Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.

TIP: No air fryer? When wedges 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. Continue as above.



Get prepped

- · Thinly slice tomato into rounds.
- Slice avocado in half, scoop out flesh and thinly slice.
- Thinly slice red onion (see ingredients).
- In a medium bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Scrunch sliced onion in your hands, then add it to pickling liquid. Add enough water to just cover onion. Set aside.



Serve up

- Drain pickled onion, reserving a splash of the pickling liquid. Add mixed salad leaves and a drizzle of olive oil to the bowl and toss to coat.
- Spread bun bases with some **tartare sauce**, then top with crumbed fish (slice fish in half if you prefer!), mixed salad leaves, tomato, avocado and pickled onion.
- · Serve with herby wedges. Enjoy!









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

