



Crumbed Basa Burger & Tartare Sauce

with Herby Wedges & Avocado

TAKEAWAY FAVES

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

14



Potato



Garlic & Herb Seasoning



Tomato



Avocado



Red Onion



Crumbed Basa



Bake-At-Home Burger Buns



Mixed Salad Leaves



Tartare Sauce



Crumbed Basa



Chicken Breast

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

Eat Me Early

Skip the lines at the fish and chip shop and whip up this finger-licking burger in a flash! Dig into a crunchy fish burger, complete with herby wedges, at-home pickled onion, a creamy tartare sauce and soft brioche-style bun for a dinner winner.

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 · Air fryer or large frying pan

Ingredients

	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	½	1
white wine vinegar*	¼ 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.

1



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**.

3



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.

2



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.

4



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!

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.



SWAP TO CHICKEN BREAST

Follow method above, cooking for 15-18 minutes.

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

