



Crumbed Basa & Cheesy Sweet Potato Chunks with Apple Slaw & Garlic Aioli

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit
with this number

14



Sweet Potato



All-American
Spice Blend



Cheddar Cheese



Crumbed Basa



Apple



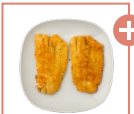
Slaw Mix



Baby Spinach
Leaves



Garlic Aioli



Crumbed
Basa



Salmon

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

Eat Me Early

Pair crumbed basa with two equally adoring sides; cheesy All-American spiced sweet potato chunks and and bright and light apple slaw. You'll be coming back for seconds and maybe even thirds.

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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729cal)	345kJ (82cal)
Protein (g)	28.2g	3.2g
Fat, total (g)	35.7g	4g
- saturated (g)	11.1g	1.3g
Carbohydrate (g)	70.4g	8g
- sugars (g)	27.4g	3.1g
Sodium (mg)	1113mg	125.8mg
Dietary Fibre (g)	10.1g	1.1g

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 cheesy sweet potato chunks

- Set air fryer to **200°C**.
- Cut **sweet potato** into bite-sized chunks and transfer to a medium bowl. Add **All-American spice blend** and a drizzle of **olive oil** and toss to coat.
- Place **sweet potato** into a foil-lined air fryer basket and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.
- In the last **5 minutes** of cook time, remove basket from air fryer, sprinkle with **Cheddar cheese** and bake until golden and crisp.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Prepare sweet potato as above and place on a lined oven tray. Roast until tender, 20-25 minutes. In the last 5 minutes of cook time, remove from oven, sprinkle with Cheddar cheese and return to the oven to bake until golden and crisp.

3



Assemble the slaw

- While crumbed basa is cooking, thinly slice **apple** into wedges.
- In a large bowl, combine **slaw mix**, **apple**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the crumbed basa

- When potato has **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. Season with a pinch of **salt**.

4



Serve up

- Divide crumbed basa, cheesy sweet potato chunks and apple slaw between plates. Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

