



Crumbed Basa & Roast Veggie Medley

with Dill & Parsley Mayonnaise

NEW

KID FRIENDLY



Grab your meal kit with this number

12



Zucchini



Lemon



Peeled & Chopped Pumpkin



Chopped Potato



Crumbed Basa



Baby Spinach Leaves



Everything Garnish



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Crumbed Basa



Chicken Breast

Prep in: 10-20 mins
Ready in: 35-45 mins

Eat Me Early

Can you really go wrong with a classic fish and veggie combo? Our pre-prepped crumbed basa will golden up to perfection in the pan and makes the perfect pair to roasted veggies. All you need to make this dinner a winner, is a drizzle of herby mayo and bit of lemon!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
lemon	½	1
peeled & chopped pumpkin	1 small packet	1 medium packet
chopped potato	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
everything garnish	1 sachet	2 sachets
balsamic vinaigrette dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3368kJ (805cal)	195kJ (47cal)
Protein (g)	33.6g	1.9g
Fat, total (g)	37.3g	2.2g
- saturated (g)	8g	0.5g
Carbohydrate (g)	78.7g	4.6g
- sugars (g)	22.9g	1.3g
Sodium (mg)	983mg	57mg
Dietary Fibre (g)	10.9g	0.6g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** into bite-sized chunks. Cut **lemon** into wedges.
- Place **peeled & chopped pumpkin, zucchini** and **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

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

3



Toss the veggies

- To the tray with the roast veggies, add **baby spinach leaves, everything garnish** and **balsamic vinaigrette dressing**. Toss to combine.

2



Cook the crumbed basa

- When veggies 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. Transfer to a paper towel-lined plate.

4



Serve up

- Divide roast veggie medley and crumbed basa between plates.
- Drizzle with **dill & parsley mayonnaise** and serve with lemon 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

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

