

Crumbed Basa & Cos Salad Tacos

with Dill Parsley Mayo & Pickled Onion

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Crumbed Basa



Baby Cos Lettuce



Tomato



Celery



Red Onion



Mini Flour Tortillas



Dill & Parsley Mayonnaise



Crumbed Basa



Chicken Breast

Prep in: 10-20 mins
Ready in: 15-25 mins

 Eat Me Early

Our newest protein on the market is deliciously tender crumbed basa. This fish dish works a treat with a mixed salad and herby mayo and will change the way you want your fish forever. Fish tacos for the win!

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 large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| crumbed basa | 1 medium packet | 2 medium packets OR 1 large packet |
| salt* | ¼ tsp | ½ tsp |
| baby cos lettuce | ½ head | 1 head |
| tomato | 1 | 2 |
| celery | 1 medium packet | 1 large packet |
| red onion | ½ | 1 |
| white wine vinegar* | 1 tbs | 2 tbs |
| mini flour tortillas | 6 | 12 |
| dill & parsley mayonnaise | 1 large packet | 2 large packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3848kJ (920cal) | 336kJ (80cal) |
| Protein (g) | 28.8g | 2.5g |
| Fat, total (g) | 51.5g | 4.5g |
| - saturated (g) | 10.3g | 0.9g |
| Carbohydrate (g) | 81.7g | 7.1g |
| - sugars (g) | 16.5g | 1.4g |
| Sodium (mg) | 1681mg | 146.7mg |
| Dietary Fibre (g) | 9.7g | 0.8g |

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



Cook the fish

- 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 the **salt**.

TIP: No air fryer? 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 salt.

3



Toss the salad

- In a large bowl, combine **cos lettuce**, **tomato**, **celery**, a drizzle of **olive oil** and a splash of **pickling juice**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

Little cooks: Take the lead by tossing the salad!

2



Get prepped

- Meanwhile, roughly chop **baby cos lettuce** (see ingredients).
- Cut **tomato** into thin wedges.
- Finely chop **celery**.
- Thinly slice **red onion** (see ingredients).
- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**. Microwave **onion** for 30 second bursts, until softened.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

4



Serve up

- Slice crumbed basa.
- Fill tortillas with cos salad and crumbed basa.
- Drizzle with **dill & parsley mayonnaise**.
- Top with pickled onion to serve. Enjoy!

Little cooks: Lend a hand and help build the tacos!

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 into bite-sized pieces. Cook with filling until cooked through, 4-6 minutes.

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

