

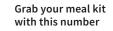
Crumbed Basa & Cos Salad Tacos

with Dill Parsley Mayo & Pickled Onion

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR







Crumbed Basa





Tomato



Celery





Mini Flour

Tortillas

Red Onion







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



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*	1/4 tsp	½ tsp
baby cos lettuce	½ head	1 head
tomato	1	2
celery	1 medium packet	1 large packet
red onion	1/2	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.



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.



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!



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!



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!



cooked through, 4-6 minutes.

