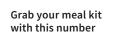


Quick Crumbed Basa & Parmesan Mash

with Steamed Veggies & Mustard Mayo

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













Parmesan Cheese

Carrot





Baby Broccoli

Crumbed Basa



Mustard Mayo



Prep in: 15-25 mins Ready in: 25-35 mins



Retire your usual fish and chips and bring on this easy taste sensation! Pre-crumbed basa plus cheesy mash potato come together in perfect matrimony, leaving more time to enjoy the steamed veg and delicious mustard mayo.

Pantry items Olive Oil, Butter, Milk

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

Large saucepan with a lid · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
butter*	40g	80g
milk*	2 tbs	1/4 cup
Parmesan cheese	1 medium packet	1 large packet
carrot	1	2
baby broccoli	1 bunch	2 bunches
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
mustard mayo	1 medium packet	2 medium packets

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3056kJ (730cal)	347kJ (83cal)
Protein (g)	30.6g	3.5g
Fat, total (g)	41.5g	4.7g
- saturated (g)	19.9g	2.3g
Carbohydrate (g)	56.8g	6.4g
- sugars (g)	13.2g	1.5g
Sodium (mg)	1003mg	113.8mg
Dietary Fibre (g)	8.6g	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.



Make the potato mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel **potato** and cut into large chunks. Peel **garlic** cloves.
- Cook potato and garlic in the boiling water over high heat until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the butter, milk and Parmesan cheese to potato and season with salt.
 Mash until smooth. Season to taste with salt and pepper.



Cook the crumbed basa

- · Meanwhile, set air fryer to 200°C.
- Place **crumbed basa** into the air fryer basket and cook until golden and cooked through, **8-10 minutes** (cook in batches if needed).
- Transfer to a paper towel-lined plate. Season to taste.

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 to taste.



Steam the veggies

- Meanwhile, cut carrot into thin sticks.
- Trim baby broccoli, then cut in half lengthways.
- When potatoes have 8 minutes remaining, place a colander or steamer basket on top of the saucepan with potatoes, then add carrot and baby broccoli.
- Cover with a lid and steam until tender. Transfer veggies to a bowl and season to taste.



Serve up

- Divide Parmesan mash, steamed veggies and crumbed basa between plates.
- · Serve with mustard mayo. Enjoy!



