



# Quick Crumbed Basa & Parmesan Mash

with Steamed Veggies & Mustard Mayo

NEW

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

14



Potato



Garlic



Parmesan Cheese



Carrot



Baby Broccoli



Crumbed Basa



Mustard Mayo



Barramundi



Crumbed Basa

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

Eat Me Early

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ 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

\*Pantry Items

## 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.

3



## 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.

2



## 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.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO BARRAMUNDI

Cook in a frying pan, until just cooked through, 5-6 minutes each side.



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.

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

