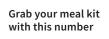


Crumbed Basa & Crushed Potatoes

with Gourmet Garden Parsley & Creamy Pesto Dressing

AIR FRYER FRIENDLY

KID FRIENDLY









Chopped Potato

AUSTRALIAN GROWN PARSLEY

PARSLEY DRIED





Lightly Dried



Parsley











Mixed Salad



Leaves

Creamy Pesto Dressing







Prep in: 5-15 mins Ready in: 15-25 mins



Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Tonight, enjoy this stellar ingredient stirred through delicately crushed potatoes - the perfect side to crispy, crumbed basa topped with a creamy pesto drizzle.

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

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

Medium saucepan · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
butter*	40g	80g
chicken salt	1 medium sachet	2 medium sachets
lightly dried parsley	½ packet	1 packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
cucumber	1	2
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
creamy pesto dressing	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3317kJ (792Cal)	612kJ (146Cal)
Protein (g)	24.1g	4.4g
Fat, total (g)	49g	9g
- saturated (g)	18.7g	3.4g
Carbohydrate (g)	61g	11.3g
- sugars (g)	10g	1.8g
Sodium (mg)	1429mg	264mg
Dietary Fibre (g)	3.9g	0.7g

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.



Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook chopped potato over high heat, until easily pierced with a knife,
 8-10 minutes. Drain and return to saucepan.
- To potato, add the butter and chicken salt, stirring until melted and well combined.
- Lightly crush with a fork. Stir through Gourmet Garden lightly dried parsley (see ingredients).

TIP: Add a splash of water if the potato looks dry!



Prep the veggies & toss the salad

- While crumbed basa is cooking, roughly chop tomato and cucumber.
- In a medium bowl, combine the honey and a drizzle of vinegar and olive oil. Season to taste.
- Add tomato, cucumber and mixed salad leaves to the bowl with the dressing, toss to coat.



Cook the crumbed basa

- Meanwhile, set air fryer to 200°C.
- Place crumbed basa into an air fryer basket and cook until golden and cooked through, 8-10 minutes. Transfer to a paper towel-lined plate. Season with salt and pepper.

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, in batches, until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate. Season with salt and pepper.

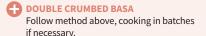


Serve up

- Divide crushed parsley potatoes, garden salad and crumbed basa between plates.
- Drizzle creamy pesto dressing over crumbed basa to serve. Enjoy!



ADD PARMESAN CHEESE
Sprinkle over before serving.



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

