



Fish Shop Crumbed Basa Sandwich

with Sweet Potato Fries

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Sweet Potato



Crumbed Basa



Garlic & Herb Seasoning



Garlic



Bake-At-Home Ciabatta



Tomato



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Crumbed Basa



Cheddar Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! It takes great precision from tiny hands to help stack mixed salad leaves, golden crumbed basa and tomato slices into a toasted garlic ciabatta, that's why your little chef will be the perfect partner for the job!

Pantry items

Olive Oil, Butter

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
butter*	20g	40g
bake-at-home ciabatta	2	4
tomato	1	2
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4442kJ (1062cal)	481kJ (115cal)
Protein (g)	31.4g	3.4g
Fat, total (g)	52.3g	5.7g
- saturated (g)	14.5g	1.6g
Carbohydrate (g)	114.1g	12.4g
- sugars (g)	18g	2g
Sodium (mg)	1833mg	198.6mg
Dietary Fibre (g)	10.3g	1.1g

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle over half the **garlic & herb seasoning** and drizzle with **olive oil**, toss to coat.
- Bake until tender, **20-25 minutes**.

Little cooks: Help toss the fries!

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Toast the ciabatta

- While fish is cooking, finely chop **garlic**. Place the **butter** and **garlic** in a small heatproof bowl. Microwave in **10 second** bursts, until fragrant and melted.
- Slice **bake-at-home ciabatta** in half lengthways.
- Spread **garlic butter** over ciabatta slices. Place **bake-at-home ciabatta** directly on a second lined oven tray and bake until heated through, **3-5 minutes**.
- Meanwhile, slice **tomato** into thin rounds.

Little cooks: Take charge my spreading the garlic butter over the ciabatta!

2



Cook the crumbed basa

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, add **crumbed basa** and sprinkle over remaining **garlic & herb seasoning**, cook until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

4



Serve up

- Spread ciabatta bases with **dill & parsley mayonnaise**, then top with **mixed salad leaves**, crumbed basa and tomato slices.
- Serve with seasoned sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the sandwiches!

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.



ADD CHEDDAR CHEESE

Sprinkle over ciabatta before warming.

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

