



# Crumbed Basa & Honey Mustard Sauce

with Garlic Mash & Steamed Veggies

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

12



Green Beans



Carrot



Garlic



Chopped Potato



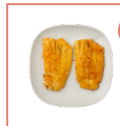
Crumbed Basa



Honey Mustard Sauce



Flaked Almonds



Crumbed Basa



Chicken Breast

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

Eat Me Early

Another tasty dinner is coming right up, especially when you plate up a comforting garlicky mash, bright steamed veggies and crumbed basa. Douse everything in the honey mustard sauce for an extra flavour hit!

### Pantry items

Olive Oil, Milk, 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

Large saucepan · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
green beans	1 medium packet	2 medium packets
carrot	1	2
garlic	2 cloves	4 cloves
chopped potato	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
honey mustard sauce	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3301kJ (789cal)	297kJ (71cal)
Protein (g)	26.5g	2.4g
Fat, total (g)	44.5g	4g
- saturated (g)	18.7g	1.7g
Carbohydrate (g)	68g	6.1g
- sugars (g)	16.4g	1.5g
Sodium (mg)	729mg	65.7mg
Dietary Fibre (g)	9g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



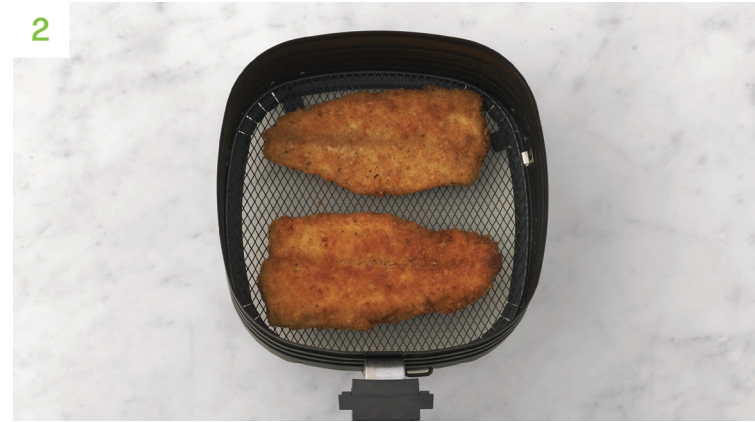
## Start the mash and steam the veggies

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Trim **green beans**. Thinly slice **carrot** into sticks. Peel **garlic**.
- Cook **chopped potato** and **garlic** in the boiling water over high heat, for **2 minutes**.
- Place a colander or steamer basket on top, then add **green beans** and **carrot**. Cover and steam until veggies are tender and potatoes are easily pierced with a knife, for another **7-8 minutes**.
- Divide **veggies** between serving plates. Season to taste with **salt** and **pepper** and cover to keep warm.



## Finish the mash

- Once potatoes are done, drain and return to saucepan.
- Add the **milk**, **butter** and a generous pinch of **salt**. Mash until smooth.
- In a small microwave-safe bowl, microwave **honey mustard sauce** until heated through, **30 seconds**.



## Cook the crumbed basa

- While veggies are steaming, set your 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 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 until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate and season with salt and pepper.



## Serve up

- Divide garlic mash and crumbed basa between serving plates with steamed veggies. Pour over honey mustard sauce.
- Sprinkle over **flaked almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



### CUSTOM OPTIONS



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

