

Fin-Tastic Crumbed Fish

with Zucchini Scales, Fries & Salad

KID'S KITCHEN

CLIMATE SUPERSTAR

Grab your meal kit with this number

44



Potato



Zucchini



Tomato



Garlic



Crumbed Basa



Chicken Salt



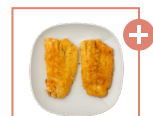
Mixed Salad Leaves



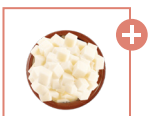
Balsamic Vinaigrette Dressing



Tartare Sauce



Crumbed Basa



Feta Cubes

Prep in: 20-30 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! We're taking things under the sea and require the very best little cooks to help plate up this crumbed fish. With some zucchini scales, tomato fins and a tartare sauce face, this fish will look just as good as it tastes!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
tomato	1	2
garlic	2 cloves	4 cloves
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
chicken salt	1 sachet	2 sachets
mixed salad leaves	1 small packet	1 medium packet
balsamic vinaigrette dressing	1 packet	2 packets
tartare sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3119kJ (746cal)	332kJ (79cal)
Protein (g)	25.8g	2.7g
Fat, total (g)	45.7g	4.9g
- saturated (g)	9.1g	1g
Carbohydrate (g)	55.5g	5.9g
- sugars (g)	11.7g	1.2g
Sodium (mg)	1420mg	151.3mg
Dietary Fibre (g)	6.3g	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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

2



Get prepped

- Meanwhile, thinly slice **zucchini** into half-moons.
- Thinly slice **tomato** into wedges.
- Finely chop **garlic**.

3



Cook the zucchini

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl. Season with **salt** and **pepper**, then allow to cool slightly.

4



Cook the fish

- Return 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 with a pinch of **chicken salt** (reserving the remainder for the fries).

Little cooks: Help sprinkle over the chicken salt!

5



Toss the salad

- In a medium bowl, combine **mixed salad leaves** and **balsamic vinaigrette dressing**, tossing to combine.

Little cooks: Take the lead by tossing the salad!

6



Serve up

- To tray with fries, sprinkle over remaining chicken salt and toss to coat.
- Divide crumbed fish, fries and salad between plates.
- Assemble zucchini half-moons as scales and tomato wedges as fins for the fish.
- Cut off one corner of the **tartare sauce** packet and draw a face on the fish to serve. Enjoy!

Little cooks: Take the lead by assembling the fish!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



ADD FETTA CUBES

Sprinkle over salad before serving.

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

