



# Crumbed Fish & Supergreen Kale Salad

with Everything Garnish & Creamy Caper Sauce

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Kale



Cucumber



Apple



Carrot



Capers



Crumbed Basa



Mixed Salad Leaves



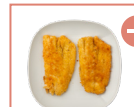
Caesar Dressing



Everything Garnish



Parsley



Crumbed Basa



Salmon

Prep in: 15-25 mins  
Ready in: 20-30 mins

Calorie Smart

Eat Me Early

We're very serious about our salads around here and only the tastiest of ingredients get a seat at our table. This crumbed fish and kale salad is truly the stuff of greatness, especially when you drizzle over the creamy caper sauce. It's got flavour aplenty!

### Pantry items

Olive Oil, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kale	1 medium packet	2 medium packets
cucumber	1	2
apple	1	2
carrot	1	2
capers	1 packet	2 packets
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
caesar dressing	1 packet	2 packets
everything garnish	½ sachet	1 sachet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (590cal)	282kJ (67cal)
Protein (g)	21.6g	2.5g
Fat, total (g)	36.8g	4.2g
- saturated (g)	8.7g	1g
Carbohydrate (g)	41.4g	4.7g
- sugars (g)	15.8g	1.8g
Sodium (mg)	1106mg	126.4mg
Dietary Fibre (g)	9g	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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



## Get prepped

- Tear **kale** leaves from the stems then thinly slice, discarding stems.
- Thinly slice **cucumber** into rounds.
- Thinly slice **apple** into wedges.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Reserve **capers liquid**, then roughly chop **capers**.



## Toss the salad

- Meanwhile, in a large bowl, combine the **honey**, **reserved caper liquid** and a drizzle of **vinegar** and **olive oil**.
- Add **kale**, **cucumber**, **apple**, **carrot** and **mixed salad leaves**. Toss to combine and season to taste with **salt** and **pepper**.

### CUSTOM OPTIONS



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



#### SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.



## Cook the crumbed basa

- 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.



## Serve up

- In a small bowl, combine capers and **caesar dressing**.
- Slice fish.
- Divide supergreen kale salad between bowls. Top with crumbed fish. Drizzle over creamy caper sauce.
- Sprinkle with **everything garnish** (see ingredients) and tear over **parsley** to serve. Enjoy!

**TIP:** Capers have a strong flavour, use less if desired.

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

