

Crumbed Fish & Sweet Potato Wedges with Creamy Caesar-Style Salad

Grab your meal kit with this number



Garlic & Herb

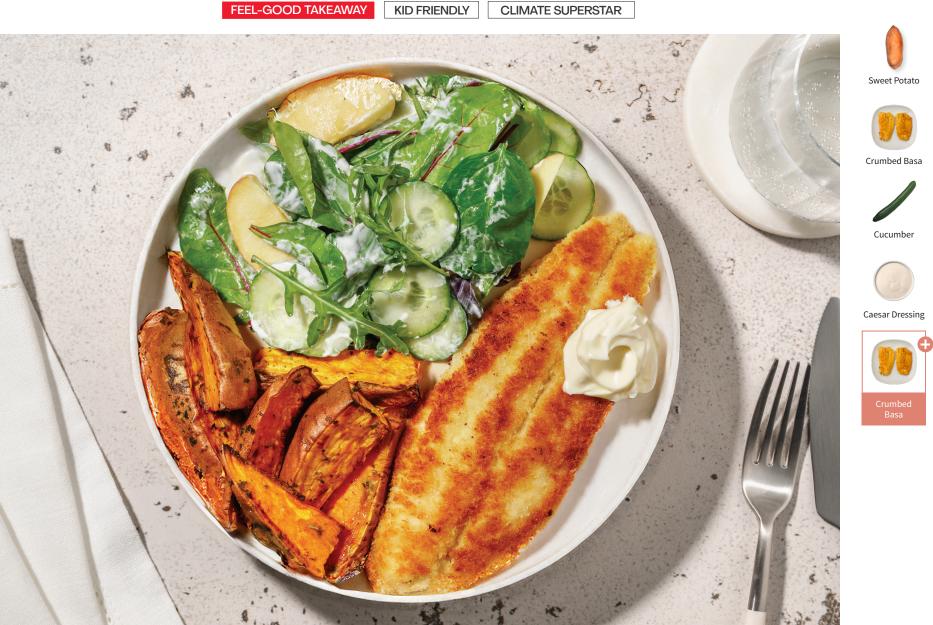
Seasoning

Apple

Mixed Salad

Leaves

Garlic Aioli



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early

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It's fish and wedges, but all jazzed up. Quick cooking crumbed basa is perfect for when you're short on time and tastes even better when served with a caesar-style salad. Oh, and the best bit about this fish dish? No seagulls to steal your wedges!

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
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
cucumber	1	2
mixed salad leaves	1 medium packet	1 large packet
caesar dressing	½ packet	1 packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (693cal)	325kJ (78cal)
Protein (g)	23.5g	2.6g
Fat, total (g)	35.4g	4g
- saturated (g)	7.7g	0.9g
Carbohydrate (g)	68.3g	7.6g
- sugars (g)	24.1g	2.7g
Sodium (mg)	1045mg	117mg
Dietary Fibre (g)	9.2g	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.



Bake the wedges

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

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



Cook the fish

- When the wedges 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, cook **crumbed basa** until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate.



Make the salad

- While fish is cooking, thinly slice **apple** into wedges.
- Slice cucumber into rounds.
- Combine apple, cucumber and mixed salad leaves in a medium bowl.
- Add caesar dressing (see ingredients), tossing to coat. Season to taste with salt and pepper.

Little cooks: Take the lead by tossing the salad!



DOUBLE CRUMBED BASA Follow method above, cooking in batches if necessary.

SWAP TO BARRAMUNDI

Cook until just cooked through, 5-6 minutes each side.

Serve up

between plates.

• Serve with a dollop of garlic aioli. Enjoy!

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

• Divide crumbed fish, sweet potato wedges and caesar-style salad



We're here to help! Scan here if you have any questions or concerns 2024 | CW46

CUSTOM **OPTIONS**