

Crumbed Fish & Sweet Potato Wedges

with Creamy Caesar-Style Salad

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

27



Sweet Potato



Garlic & Herb Seasoning



Crumbed Basa



Apple



Cucumber



Mixed Salad Leaves



Caesar Dressing



Garlic Aioli



Crumbed Basa



Barramundi

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

Eat Me Early

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.

1



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.

3



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!

CUSTOM OPTIONS



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



SWAP TO BARRAMUNDI

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

2



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.

4



Serve up

- Divide crumbed fish, sweet potato wedges and caesar-style salad between plates.
- Serve with a dollop of **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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

