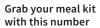


Crumbed Fish & Lemon-Pepper Veggie Fries

with Celery Salad & Caper Aioli

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR











Potato



Zucchini





Lemon Pepper Seasoning

Crumbed Basa





Celery

Mixed Salad Leaves





Mustard Cider Dressing

Garlic Aioli





Prep in: 20-30 mins Ready in: 30-40 mins



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
carrot	1	2
potato	1	2
zucchini	1	2
capers	½ packet	1 packet
lemon pepper seasoning	1 sachet	2 sachets
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
celery	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
mustard cider dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
* Dantry Itoms		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3040kJ (727cal)	291kJ (70cal)
Protein (g)	23.8g	2.3g
Fat, total (g)	48.3g	4.6g
- saturated (g)	9.3g	0.9g
Carbohydrate (g)	47.3g	4.5g
- sugars (g)	13.2g	1.3g
Sodium (mg)	1410mg	135.2mg
Dietary Fibre (g)	6.3g	0.6g

The quantities provided above are averages only.

Allergens

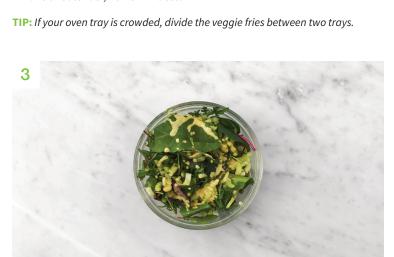
Always read product labels for the most up-to-date allergen information.

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 veggie fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut carrot, potato and zucchini into fries.
- · Roughly chop capers (see ingredients).
- Place **veggie fries** on a lined oven tray. Sprinkle with **lemon pepper seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, 20-25 minutes.



Toss the salad

- Finely chop **celery**.
- In a large bowl, combine mixed salad leaves, celery and mustard cider dressing. Season to taste.



Cook the fish

- When the veggies 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 and season with a pinch of salt.



Serve up

- In a small bowl, combine garlic aioli and capers.
- Divide crumbed fish, lemon-pepper veggie fries and celery salad between plates.
- · Serve with caper aioli. Enjoy!









batches if necessary.



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

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

