

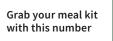
Crumbed Basa & Honey Mustard Sauce

with Garlic Mash & Steamed Veggies

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR









Green Beans

Carrot



Garlic

Chopped Potato



Crumbod Pac



Honey Mustard

Crumbed Basa



Flaked Almonds



Crumbed Basa



Prep in: 10-20 mins Ready in: 20-30 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

Large saucepan · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	2 medium packets
carrot	1	2
garlic	2 cloves	4 cloves
chopped potato	1 medium packet	1 large packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
milk*	2 tbs	1/4 cup
butter*	40g	80g
honey mustard sauce	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3301kJ (562cal)	562kJ (96cal)
Protein (g)	26.5g	4.5g
Fat, total (g)	44.5g	7.6g
- saturated (g)	18.7g	3.2g
Carbohydrate (g)	68g	11.6g
- sugars (g)	16.4g	2.8g
Sodium (mg)	729mg	124.2mg
Dietary Fibre (g)	9g	1.5g

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.



Start the mash and steam the veggies

- Boil the kettle. Half-fill a large saucepan with the boiling water.
- Trim green beans. Thinly slice carrot into sticks. Peel garlic and finely chop.
- Cook chopped potato and garlic in the boiling water over high heat, for 2 minutes.
- Place a colander or steamer basket on top, then add green beans and carrot. Cover and steam until veggies are tender and potatoes are easily pierced with a knife, for another 7-8 minutes.
- · Divide green beans and carrot between serving plates. Season to taste with salt and pepper and cover to keep warm.



Finish the mash

- Once potatoes are done, drain and return to saucepan.
- Add the milk, butter and a generous pinch of salt. Mash until smooth.
- In a small microwave-safe bowl, microwave honey mustard sauce until heated through, 30 seconds.



Cook the crumbed basa

- While the veggies are steaming, set the air fryer to 200°C.
- Place **crumbed basa** into the air fryer basket and cook until golden and cooked through, 8-10 minutes.
- Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.

TIP: No air fryer? 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 salt and pepper.

TIP: Cook in batches if necessary!



Serve up

- Divide garlic mash and crumbed basa between serving plates with steamed veggies. Pour over honey mustard sauce.
- Sprinkle over **flaked almonds** to serve. Enjoy!









Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

