

Crumbed Fish & Zingy Veggie Fries with Mustard Cider Salad & Caper Aioli

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR









Potato





Zucchini





Lemon Pepper Seasoning

Crumbed Basa





Mixed Salad

Leaves





Mustard Cider Dressing

Garlic Aioli





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



Bring an elevated twist on the classic fish and chips to your table! Team zingy rainbow fries and a gorgeously green salad brimming with tang and crunch with our moreish crumbed basa and rich garlic aioli for a flavour sensation.

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
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
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3040kJ (577cal)	577kJ (109cal)
Protein (g)	23.8g	4.5g
Fat, total (g)	48.3g	9.2g
- saturated (g)	9.3g	1.8g
Carbohydrate (g)	47.3g	9g
- sugars (g)	13.2g	2.5g
Sodium (mg)	1410mg	267.6mg
Dietary Fibre (g)	6.3g	1.2g

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.



- 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.

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



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.



Toss the salad & make the caper aioli

- · Finely chop celery.
- In a large bowl, combine mixed salad leaves, celery and mustard cider dressing. Season to taste.
- In a small bowl, combine garlic aioli and capers.

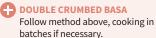


Serve up

- Divide crumbed fish, zingy veggie fries and mustard cider salad between plates.
- · Serve with caper aioli. Enjoy!









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.

