

# Crumbed Fish & Zingy Veggie Fries

with Mustard Cider Salad & Caper Aioli

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit with this number

27



Carrot



Potato



Zucchini



Capers



Lemon Pepper Seasoning



Crumbed Basa



Celery



Mixed Salad Leaves



Mustard Cider Dressing



Garlic Aioli



Crumbed Basa



Salmon

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

Eat Me Early

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
<b>olive oil*</b>	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](https://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 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**.

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

3



## 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.

2



## 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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



#### SWAP TO SALMON

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.

