



# Baja-Style Crumbed Fish & Chipotle Salad

with Charred Capsicum & Sweetcorn

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Capsicum



Sweetcorn



Cucumber



Lemon



Garlic Aioli



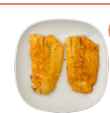
Mild Chipotle Sauce



Crumbed Basa



Mixed Salad Leaves

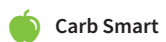


Crumbed Basa



Fetta Cubes

Prep in: 20-30 mins  
Ready in: 25-35 mins



Carb Smart

Eat Me Early

We're in our light and bright era so only a salad will do! These fresh ingredients (capsicum, corn and cucumber) are calling your name and when they become the base for golden crumbed basa, you'll want to remake it over and over again. Don't forget the creamy chipotle sauce!

### 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
sweetcorn	1 medium tin	1 large tin
cucumber	1	2
lemon	½	1
garlic aioli	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (504cal)	504kJ (105cal)
Protein (g)	20.5g	4.3g
Fat, total (g)	34.4g	7.2g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	41.9g	8.8g
- sugars (g)	14.2g	3g
Sodium (mg)	878mg	183.7mg
Dietary Fibre (g)	4.6g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Thinly slice **capsicum** into strips.
- Drain **sweetcorn**.
- Thinly slice **cucumber** into rounds.
- Slice **lemon** into wedges.
- In a small bowl, combine **garlic aioli** and **mild chipotle** sauce. Set aside.



## Cook fish

- Wipe out frying pan then return to medium-high heat with enough **olive oil** to cover 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. Season with **salt** and **pepper**.



## Char capsicum & corn

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum** and **corn kernels**, tossing, until tender and lightly browned, **4-5 minutes**.
- Transfer to a large bowl and allow to cool slightly.



## Serve up

- To the bowl with capsicum, add **mixed salad leaves**, cucumber, a good squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Slice fish.
- Divide charred capsicum salad between bowls, then top with Baja-style crumbed fish.
- Drizzle over chipotle sauce to serve.
- Serve with remaining lemon wedges. 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.



#### ADD FETTA CUBES

Crumble over salad to serve.

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

