

NEW

# Superquick Caribbean Crumbed Fish & Rice with Chilli Pineapple Salsa & Coconut Mayo

Grab your meal kit with this number





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



This Caribbean fusion of flavours are sure to please your taste buds, with a spicy pineapple salsa and golden crumbed basa to complement a bed of fluffy basmati rice. You'll quickly be transported to your happy place.

Pantry items Olive Oil, White Wine Vinegar, Butter

### 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 Air fryer or large frying pan

| ingredients                        |                 |                                       |  |
|------------------------------------|-----------------|---------------------------------------|--|
|                                    | 2 People        | 4 People                              |  |
| olive oil*                         | refer to method | refer to method                       |  |
| crumbed basa                       | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |
| cucumber                           | 1               | 2                                     |  |
| tomato                             | 1               | 2                                     |  |
| pineapple slices                   | 1 tin           | 2 tins                                |  |
| chilli flakes<br>(optional) ∮      | pinch           | pinch                                 |  |
| white wine<br>vinegar*             | drizzle         | drizzle                               |  |
| microwavable<br>basmati rice       | 1 packet        | 2 packets                             |  |
| butter*                            | 20g             | 40g                                   |  |
| coconut sweet<br>chilli mayonnaise | 1 medium packet | 1 large packet                        |  |
| coriander                          | ½ packet        | 1 packet                              |  |
| *                                  |                 |                                       |  |

\*Pantry Items

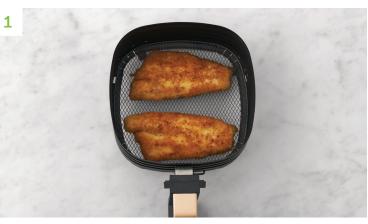
#### Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 3359kJ (802Cal) | 685kJ (163Cal) |
| Protein (g)       | 24g             | 4.9g           |
| Fat, total (g)    | 32.5g           | 6.6g           |
| - saturated (g)   | 8.3g            | 1.7g           |
| Carbohydrate (g)  | 102.8g          | 21g            |
| - sugars (g)      | 21.9g           | 4.5g           |
| Sodium (mg)       | 576mg           | 117mg          |
| Dietary Fibre (g) | 2.4g            | 0.5g           |

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.



# Cook the fish

- Set air fryer to 200°C.
- Place **crumbed basa** into the air fryer basket and cook, turning halfway, until golden and cooked through, **8-10 minutes**. Cook in batches if needed.
- Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.

**No air fryer?** Cook crumbed basa in a large frying pan over medium-high heat with enough olive oil to coat the base, until golden, 2-3 minutes each side. Transfer to a paper towel-lined plate. Season with salt and pepper.



### Get prepped

- While fish is cooking, roughly chop **cucumber** and **tomato**.
- Reserve a splash of **pineapple juice**.
- Drain and roughly chop pineapple slices.



#### Toss the salsa & heat the rice

- In a medium bowl, combine **cucumber**, **tomato**, **pineapple**, a pinch of **chilli flakes** (if using), **reserved pineapple juice** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- Meanwhile, microwave **rice** until steaming, **2-3 minutes**. Stir through the **butter**, then season to taste.

#### Serve up

- Slice fish (if preferred).
- Divide rice and chilli pineapple salsa between bowls.
- Top with crumbed fish and coconut sweet chilli mayonnaise.
- Tear over coriander (see ingredients) to serve. Enjoy!

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW52



DOUBLE CRUMBED BASA Follow method above, cooking in batches if necessary.

#### 🛞 SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. In a frying pan, cook chicken 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.

