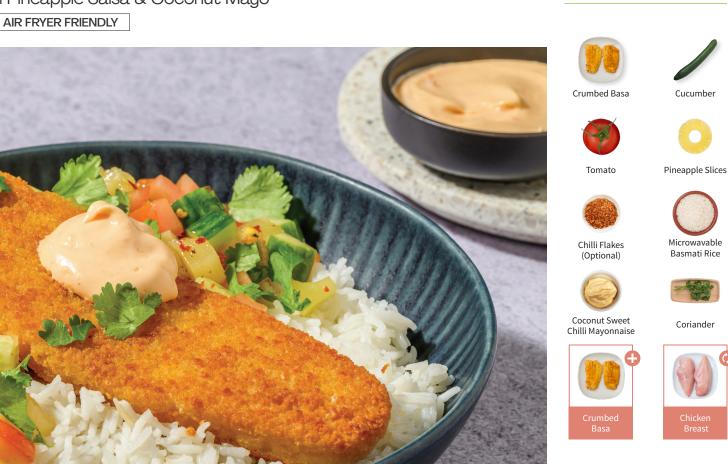


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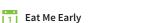
# Superquick Caribbean Crumbed Fish & Rice with Chilli Pineapple Salsa & Coconut Mayo

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 OR 1 large packet	
cucumber	1	2	
tomato	1	2	
pineapple slices	1 tin	2 tins	
chilli flakes (optional) ∮	pinch	pinch	
white wine vinegar*	drizzle	drizzle	
microwavable basmati rice	1 packet	2 packets	
butter*	20g	40g	
coconut sweet 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.

