

Superquick Caribbean Crumbed Fish & Rice

with Chilli Pineapple Salsa & Coconut Mayo

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

19



Crumbed Basa



Cucumber



Tomato



Pineapple Slices



Chilli Flakes (Optional)



Microwavable Basmati Rice



Coconut Sweet Chilli Mayonnaise



Coriander



Crumbed Basa



Chicken Breast

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

Eat Me Early

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.

1



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.

3



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.

2



Get prepped

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

4



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



CUSTOM OPTIONS



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.

