



# Superquick Crumbed Basa & Ribbon Salad with Sesame-Sriracha Dressing

SUMMER SALADS

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Crumbed Basa



Pear



Carrot



Sriracha



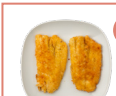
Sesame Dressing



Shredded Cabbage Mix



Mixed Salad Leaves



Crumbed Basa



Salmon

Prep in: 10-20 mins  
Ready in: 15-25 mins

Calorie Smart

Eat Me Early

Add some heat to your average side salad by spiking it with this sesame-sriracha sauce. Plate it up with golden crumbed basa and you'll have dinner ready in a flash!

### Pantry items

Olive Oil, Soy Sauce



## 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                              |
|----------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>    | refer to method | refer to method                       |
| crumbed basa         | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| pear                 | 1               | 2                                     |
| carrot               | 1               | 2                                     |
| sriracha             | 1 packet        | 2 packets                             |
| sesame dressing      | 1 medium packet | 2 medium packets                      |
| <b>soy sauce*</b>    | ½ tbs           | 1 tbs                                 |
| shredded cabbage mix | 1 medium packet | 1 large packet                        |
| mixed salad leaves   | 1 medium packet | 1 large packet                        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 1923kJ (459Cal) | 503kJ (120Cal) |
| Protein (g)       | 20.5g           | 5.4g           |
| Fat, total (g)    | 22.2g           | 5.8g           |
| - saturated (g)   | 6.7g            | 1.8g           |
| Carbohydrate (g)  | 41.4g           | 10.8g          |
| - sugars (g)      | 16.2g           | 4.2g           |
| Sodium (mg)       | 1090mg          | 285mg          |
| Dietary Fibre (g) | 7g              | 1.8g           |

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



## 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**.

**TIP:** No air fryer? 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. Season with salt and pepper.

3



## Toss the slaw

- Just before serving, to the bowl with the dressing, add **shredded cabbage mix**, **mixed salad leaves**, **pear** and **carrot**. Toss to coat and season to taste.

2



## Get prepped

- Meanwhile, slice **pear** into thin sticks.
- Using a vegetable peeler, peel **carrot** into ribbons.
- In a large bowl, combine **sriracha**, **sesame dressing**, the **soy sauce** and a drizzle of **olive oil**.

4



## Finish & serve

- Divide superquick crumbed basa and sesame-sriracha salad between plates to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS



#### DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



#### SWAP TO SALMON

Follow method above, cooking until cooked through, 10-12 minutes.

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

