

# Crumbed Basa Burger & Garlicky Wedges with Tartare Sauce & Pickled Onions

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning

Red Onion

Bake-At-Home Burger Buns

Tartare Sauce



Pantry items Olive Oil, White Wine VInegar

Prep in: 15-25 mins Ready in: 30-40 mins

1 Eat Me Early



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Skip the lines at the fish and chip shop and whip up this finger-licking burger in a flash! Dig into a crunchy fish burger,

complete with herby wedges, at-home pickled onion, a creamy tartare sauce and soft brioche-style bun for a dinner winner.

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
red onion	1/2	1
white wine vinegar*	1⁄4 cup	½ cup
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
bake-at-home burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
tartare sauce	1 medium packet	2 medium packets
crumbed basa**	1 medium packet	2 medium packets OR 1 large packet

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3599kJ (860Cal)	584kJ (140Cal)
Protein (g)	32.8g	5.3g
Fat, total (g)	32.4g	5.3g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	103.6g	16.8g
- sugars (g)	16.9g	2.7g
Sodium (mg)	1346mg	218mg
Dietary Fibre (g)	14.3g	2.3g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4762kJ (1138Cal)	629kJ (150Cal)
Protein (g)	49.9g	6.6g
Fat, total (g)	43.1g	5.7g
- saturated (g)	14.9g	2g
Carbohydrate (g)	130.2g	17.2g
- sugars (g)	19.7g	2.6g
Sodium (mg)	1842mg	243mg
Dietary Fibre	14.3g	1.9g

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.

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW17



## Bake the potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato** into wedges and place on a lined oven tray. Sprinkle with garlic & herb seasoning and a pinch of salt.
- Drizzle with olive oil and toss to coat. Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.



## Cook fish & toast buns

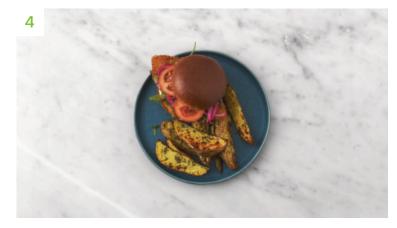
- When wedges have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- When oil is hot, cook crumbed basa until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate and season with salt and pepper.
- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, 2-3 minutes.

Custom Recipe: If you've doubled your crumbed basa, cook fish in batches for the best results.



# Get prepped

- Thinly slice tomato into rounds.
- Thinly slice red onion (see ingredients).
- In a medium bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough water to just cover onion. Set aside.



### Serve up

- Drain pickled onion, reserving a splash of the pickling liquid.
- Add **mixed salad leaves** and a drizzle of olive oil to the bowl and toss to coat.
- Spread bun bases with some tartare sauce, then top with crumbed fish (slice fish in half if your prefer), mixed salad leaves, tomato and pickled onion.
- Serve with garlicky wedges. Enjoy!

# Rate your recipe

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