



Crumbed Basa Burger & Garlicky Wedges

with Tartare Sauce & Pickled Onions

TAKEAWAY FAVES

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Tomato



Red Onion



Crumbed Basa



Bake-At-Home Burger Buns



Mixed Salad Leaves



Tartare Sauce



Crumbed Basa

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

Eat Me Early

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.

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

Pantry items

Olive Oil, White Wine Vinegar

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	½	1
white wine vinegar*	¼ 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



1



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.

3



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.

2



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.

4



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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