



Crumbed Basa & Crushed Potatoes

with Gourmet Garden Parsley & Creamy Pesto Dressing

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

35



Chopped Potato



Chicken Salt



Lightly Dried Parsley



Crumbed Basa



Tomato



Cucumber



Mixed Salad Leaves



Creamy Pesto Dressing



Parmesan Cheese



Crumbed Basa

Prep in: 5-15 mins
Ready in: 15-25 mins

Eat Me Early

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Tonight, enjoy this stellar ingredient stirred through delicately crushed potatoes - the perfect side to crispy, crumbed basa topped with a creamy pesto drizzle.

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

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

Medium saucepan · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
butter*	40g	80g
chicken salt	1 medium sachet	2 medium sachets
lightly dried parsley	½ packet	1 packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
cucumber	1	2
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3317kJ (792Cal)	612kJ (146Cal)
Protein (g)	24.1g	4.4g
Fat, total (g)	49g	9g
- saturated (g)	18.7g	3.4g
Carbohydrate (g)	61g	11.3g
- sugars (g)	10g	1.8g
Sodium (mg)	1429mg	264mg
Dietary Fibre (g)	3.9g	0.7g

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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



1



Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **chopped potato** over high heat, until easily pierced with a knife, **8-10 minutes**. Drain and return to saucepan.
- To potato, add the **butter** and **chicken salt**, stirring until melted and well combined.
- Lightly crush with a fork. Stir through **Gourmet Garden lightly dried parsley** (see ingredients).

TIP: Add a splash of water if the potato looks dry!

3



Prep the veggies & toss the salad

- While crumbed basa is cooking, roughly chop **tomato** and **cucumber**.
- In a medium bowl, combine the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Add **tomato**, **cucumber** and **mixed salad leaves** to the bowl with the **dressing**, toss to coat.

CUSTOM
OPTIONS



ADD PARMESAN CHEESE

Sprinkle over before serving.



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.

2



Cook the crumbed basa

- Meanwhile, set air fryer to **200°C**.
- Place **crumbed basa** into an air fryer basket and cook until golden and cooked through, **8-10 minutes**. 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, in batches, until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate. Season with salt and pepper.

4



Serve up

- Divide crushed parsley potatoes, garden salad and crumbed basa between plates.
- Drizzle **creamy pesto dressing** over crumbed basa to serve. Enjoy!

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

