

Crumbed Fish & Veggie Fries

with Cucumber Salad & Caper Aioli

FEEL GOOD TAKEAWAY

NEW

AIR FRYER FRIENDLY













Grab your meal kit with this number

41



Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

-  Carrot
-  Potato
-  Zucchini
-  Crispy Seasoning
-  Cucumber
-  Roasted Almonds
-  Capers
-  Crumbed Basa
-  Rocket Leaves
-  Garlic Aioli
-  Crumbed Basa
-  Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

Bring an elevated twist on the classic fish and chips to your table! Team crispy rainbow fries and a gorgeously green salad brimming with tang and crunch, with our moreish crumbed basa and rich garlic aioli for a flavour sensation.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
zucchini	1	2
crispy seasoning	1 sachet	2 sachets
cucumber	1	2
roasted almonds	1 medium packet	1 large packet
capers	½ packet	1 packet
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
rocket leaves	1 small packet	2 small packets
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734cal)	551kJ (99cal)
Protein (g)	24.5g	4.4g
Fat, total (g)	48.4g	8.7g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	48.4g	8.7g
- sugars (g)	13.2g	2.4g
Sodium (mg)	1422mg	255.3mg
Dietary Fibre (g)	6.6g	1.2g

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **zucchini** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **crispy seasoning** and season with **salt**, toss to coat.
- Bake until tender, **20-25 minutes**.

3



Cook the fish

- When the veggies have **10 minutes** remaining, set air fryer to **200°C**.
- Place **crumbed basa** into 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.

2



Get prepped

- Roughly chop **cucumber** and **roasted almonds**.
- Roughly chop **capers** (see ingredients).

4



Finish & serve

- In a large bowl, combine **rocket leaves**, cucumber and a drizzle of olive oil and **vinegar**. Season to taste.
- In a small bowl, combine **garlic aioli** and capers.
- Divide crumbed fish, veggie fries and cucumber salad between plates. Garnish with roasted almonds.
- Serve with caper aioli. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW08



CUSTOM OPTIONS



DOUBLE CRUMBED BASA

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

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

