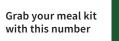


Crumbed Fish & Veggie Fries with Cucumber Salad & Caper Aioli

FEEL GOOD TAKEAWAY

NEW

AIR FRYER FRIENDLY











Potato





Zucchini

Crispy Seasoning





Cucumber

Roasted Almonds





Crumbed Basa



Capers



Rocket Leaves

Garlic Aioli







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



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 \cdot 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
+n		

^{*}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.



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.



Get prepped

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



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.



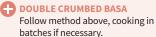
Finish & serve

- 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!











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.

