



Pesto Crusted Basa

with Mash, Roasted Tenderstem® and Buttery Sauce

Classic 40-45 Minutes • 1 of your 5 a day

6



-  Potatoes
-  Tenderstem® Broccoli
-  Echalion Shallot
-  Garlic Clove
-  Panko Breadcrumbs
-  Fresh Pesto
-  Basa Fillet
-  Cider Vinegar
-  Vegetable Stock Paste
-  Salmon Fillet

Pantry Items
Oil, Salt, Pepper, Olive Oil, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, baking tray, bowl, baking paper, frying pan, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Tenderstem® Broccoli**	150g	200g	200g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Panko Breadcrumbs 13	25g	35g	50g
Fresh Pesto** 7	32g	48g	64g
Basa Fillet** 4	240g	360g	480g
Cider Vinegar 14	15ml	15ml	30ml
Vegetable Stock Paste 10	10g	15g	20g
Salmon Fillet Skin-On** 4	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter for the Sauce*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	508g	100g	488g	100g
Energy (kJ/kcal)	2823 / 675	556 / 133	3033 / 725	622 / 149
Fat (g)	36.3	7.1	40.3	8.3
Sat. Fat (g)	12.8	2.5	12.9	2.6
Carbohydrate (g)	55.3	10.9	54.9	11.2
Sugars (g)	5.1	1.0	5.2	1.1
Protein (g)	33.1	6.5	31.5	6.4
Salt (g)	2.65	0.52	2.17	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **10)** Celery **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve any thick **broccoli stems** lengthways.

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



4 Ready, Steady, Bake

Lay the **basa** onto a lined baking tray.

Spoon the **pesto crumb** evenly over the **fish**, pressing it down with the back of the spoon.

Pop the **basa** on the top shelf and the **broccoli** on the middle shelf of your oven to cook until the **veg** is tender and the **fish** is cooked through, 12-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*

CUSTOM RECIPE

If you've chosen to get **salmon** instead of **basa**, prep the **fish** the same way. Bake on the top shelf until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



2 Boil the Potatoes

When your pan of **water** is boiling, add the **potato chunks** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, pop the **broccoli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside for now.



5 Make the Butter Sauce

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **shallot** and stir-fry until softened, 3-4 mins. Stir in the **garlic** and cook for 1 min more.

Add the **cider vinegar** and allow it to evaporate, 1-2 mins.

Pour in the **water for the sauce** (see pantry for amount) and **veg stock paste**, then bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter for the sauce** (see pantry for amount) until melted, then take off the heat.



3 Pesto Crumb Time

Meanwhile, pop the **breadcrumbs**, **pesto** and **olive oil for the crumb** (see pantry for amount) into a small bowl and mix together.



6 Finish and Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.

Serve the **pesto crumbed basa** with the **mash** and **roasted broccoli** alongside, then spoon over the **buttery sauce** to finish.

Enjoy!