











# Cajun Spiced Basa and Parsley Dressing with Herby Mash, Garlicky Green Beans and Tenderstem®

28

Calorie Smart 20 Minutes • **Very Hot** • 1 of your 5 a day • Under 650 Calories



-  Potatoes
-  Flat Leaf Parsley
-  Green Beans
-  Garlic Clove
-  Lemon
-  Cajun Spice Mix
-  Basa Fillet
-  Tenderstem® Broccoli

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

## 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, fine grater, baking tray, baking paper, bowl, frying pan, lid, colander and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	80g	150g	150g
Garlic Clove**	1	1	2
Lemon**	½	¾	1
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Basa Fillet** 4)	2	3	4
Tenderstem® Broccoli**	80g	150g	150g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	469g	100g
	1933 /462	412 /98
Fat (g)	18.8	4.0
Sat. Fat (g)	3.9	0.8
Carbohydrate (g)	47.2	10.1
Sugars (g)	5.1	1.1
Protein (g)	30.3	6.5
Salt (g)	1.22	0.26

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ values based on low-cal cooking spray oil.**

## Allergens

### 4) Fish

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](https://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!



## Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Put a large saucepan of **water** with ½ **tsp salt** on to boil.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



## Make your Spicy Dressing

- Meanwhile, put the remaining **Cajun spice mix** into a small bowl (add less if you'd prefer things milder).
- Add the **lemon zest**, then squeeze in some **lemon juice**.
- Season with **salt**, then mix in the **olive oil for the dressing** (see pantry for amount) and **half the parsley**.
- Add more **lemon juice** to taste.



## Prep the Veg

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lemon** (see ingredients for amount).



## Stir-Fry the Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat. Halve any thick **broccoli stems** lengthways.
- Once hot, add the **green beans** and **Tenderstem®** to the pan. Stir-fry for 2-3 mins.
- Stir in the **garlic** and cook for 1 min more.
- Add a splash of **water**, then cover with a lid and allow to cook until the **veg** is tender, 2-3 mins.



## Bake your Basa

- Lay the **basa** on a lined baking tray and sprinkle over **half** the **Cajun spice mix** (add less if you'd prefer things milder).
- Season with **salt** and **pepper** and drizzle with **oil**, then rub the **seasoning** into the **fish**.
- Bake the **basa** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



## Finish and Serve

- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a splash of **milk** and a knob of **butter** (if you have any) and mash until smooth. Stir through the remaining **parsley**, then season to taste with **salt** and **pepper**.
- Share the **mash** between your bowls, then top with the **green beans**, **broccoli** and **basa**. Finish by drizzling over the **spicy parsley dressing**.

Enjoy!