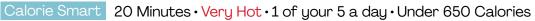


Cajun Spiced Basa and Parsley Dressing

with Herby Mash, Garlicky Green Beans and Tenderstem®









Potatoes









Garlic Clove

Cajun Spice Mix

Green Beans





Lemon





Tenderstem® Broccoli

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**	1/2	3/4	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	Per serving	Per 100g
for uncooked ingredient	469g	100g
Energy (kJ/kcal)	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

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Boil the Potatoes

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



Prep the Veg

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



Bake your Basa

- a) Lay the basa on a lined baking tray and sprinkle over half the Cajun spice mix (add less if you'd prefer things milder).
- **b)** Season with **salt** and **pepper** and drizzle with oil, then rub the seasoning into the fish.
- c) 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.



Make your Spicy Dressing

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



Stir-Fry the Veg

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



Finish and Serve

- a) Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- b) 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.
- c) Share the mash between your bowls, then top with the green beans, broccoli and basa. Finish by drizzling over the spicy parsley dressing.

Enjoy!



