



Herby Crusted Basa and Salt & Vinegar Chips with Buttery Peas and Dill Mayo

Classic 30-35 Minutes

6



Potatoes



Dill



Panko Breadcrumbs



Basa Fillets



Mayonnaise



Peas



Cider Vinegar

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

Before you start

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

Cooking tools

Baking tray, bowl, kitchen paper, baking paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dill**	½ bunch	¾ bunch	1 bunch
Panko Breadcrumbs 13)	25g	40g	50g
Basa Fillets** 4)	2	3	4
Mayonnaise 8) 9)	96g	128g	192g
Peas**	120g	180g	240g
Cider Vinegar 14)	15ml	23ml	30ml
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2855 /682	584 /140
Fat (g)	37.3	7.6
Sat. Fat (g)	9.5	2.0
Carbohydrate (g)	59.2	12.1
Sugars (g)	6.8	1.4
Protein (g)	32.0	6.5
Salt (g)	2.00	0.41

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

Allergens

4) Fish **8**) Egg **9**) Mustard **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

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Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins.



Dill Mayo Time

Meanwhile, wipe out the (now empty) small bowl used for the **crumb**.

Add the remaining **mayo** and **dill** to the bowl and mix well.



Make the Herby Crumb

Meanwhile, roughly chop the **dill** (stalks and all, see ingredients for amount).

In a small bowl, combine the **breadcrumbs**, **olive oil for the crumb** (see pantry for amount) and **half** the **dill**. Season with **salt** and **pepper**, then mix well.



Peas Please

Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **peas** and stir-fry until piping hot, 2-3 mins.

Stir in the **butter** (see pantry for amount) until melted, then season with **salt** and **pepper**.



Bring on the Basa

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**, then lay onto a lined medium baking tray.

Spread **one third** of the **mayonnaise** over the top of the **fish** and top with the **dill crumb**. Gently press down with a spoon to make it stick.

When the **chips** are halfway through cooking, turn them over and move the tray to the middle shelf.

At the same time, bake the **basa** on the top shelf until the **crumbs** are golden and the **fish** is cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finish and Serve

When everything's ready, share the **herby crusted basa** between your plates.

Serve the **buttery peas** and **chips** alongside.

Drizzle the **cider vinegar** over the **chips** and season with more **salt** if you'd like.

Dollop the **dill mayo** on the side for dipping.

Enjoy!