



Lemon & Herb Basa and Garlic-Parsley Drizzle with Wedges and Baby Gem Salad

Classic 30-35 Minutes • 2 of your 5 a day

6



Potatoes



Garlic Clove



Baby Gem Lettuce



Medium Tomato



Lemon



Basa Fillet



Lemon & Herb Seasoning



Flat Leaf Parsley



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, 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

Baking tray, aluminium foil, fine grater, bowl, kitchen paper, baking paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Baby Gem Lettuce**	1	2	2
Medium Tomato	1	2	2
Lemon**	1	1	1
Basa Fillet** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	50g	100g	100g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	½ tbsp	¾ tbsp	1 tbsp
Olive Oil for the Drizzle*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2561/612	460/110
Fat (g)	29.7	5.3
Sat. Fat (g)	8.2	1.5
Carbohydrate (g)	59.1	10.6
Sugars (g)	11.7	2.1
Protein (g)	32.4	5.8
Salt (g)	1.59	0.29

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

Allergens

4) Fish 7) Milk

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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Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bake the Basa

Pat the **basa** dry with kitchen paper and lay the **fish** on a lined medium baking tray.

Sprinkle over the **lemon & herb seasoning** and season with **salt** and **pepper**.

When the **wedges** have 10-12 mins left, bake the **basa** to the middle shelf of your oven for the remaining time until cooked. **IMPORTANT:** Wash your hands and equipment after handling raw fish. *It's cooked when opaque in the middle.*



Prep the Veg

Meanwhile, pop the **garlic cloves** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to your tray of **potato wedges** and roast until soft, 10-12 mins, then remove from the oven and set aside to cool.

Meanwhile, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Cut the **tomato** into 1cm chunks. Zest and halve the **lemon**.



Mix the Parsley Drizzle

Meanwhile, finely chop the **parsley** (stalks and all). Cut the **Greek style salad cheese** into 1cm cubes.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, combine the **chopped parsley**, **mashed garlic**, a good pinch of **lemon zest**, a squeeze of **lemon juice** and the **honey** and **olive oil for the drizzle** (see pantry for both amounts). Season with **salt** and **pepper**.



Dress your Tomatoes

In a medium bowl, combine a squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **tomatoes** to the bowl of **dressing** and toss to coat. Taste and season with more **salt**, **pepper** and **lemon juice** if needed.



Assemble and Serve

Just before everything's ready, add the **baby gem** and **Greek style salad cheese** to the **tomatoes** and toss to coat in the **dressing**.

Transfer the **basa fillets** to your plates and spoon over the **garlic-parsley drizzle**.

Serve the **salad** and **wedges** alongside.

Enjoy!