



Herb 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



Breadcrumbs



Lemon & Herb Seasoning



Basa Fillets



Cider Vinegar



Vegetable Stock Paste

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

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
Breadcrumbs 13	25g	35g	50g
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Basa Fillets** 4	2	3	4
Cider Vinegar 14	15ml	15ml	30ml
Vegetable Stock Paste 10	10g	15g	20g
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2672 /639	484 /116
Fat (g)	29.3	5.3
Sat. Fat (g)	11.5	2.1
Carbohydrate (g)	63.0	11.4
Sugars (g)	7.4	1.3
Protein (g)	32.4	5.9
Salt (g)	2.37	0.43

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

Allergens

4) Fish **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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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).



Ready, Steady, Bake

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

Spoon the **herb 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.



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.

If you'd prefer to, boil your broccoli with the potatoes for the last 3-5 mins of boiling time until tender, 3-5 mins. Remove from the potatoes before mashing. Season with salt and pepper.



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.



Herb Crumb Time

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



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 **herb crusted basa** with the **mash** and **roasted broccoli** alongside, then spoon over the **buttery sauce** to finish.

Enjoy!