



Oven-Baked Basa and Chive Hollandaise Sauce with Roasted Herby Potatoes and Honeyed Carrots

6

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



Potatoes



Mixed Herbs



Carrot



Honey



Chives



Basa Fillets



Lemon & Herb Seasoning



Hollandaise Sauce

Pantry Items
Oil, Salt, Pepper

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, baking paper, kitchen scissors and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Carrot**	3	5	6
Honey	15g	22g	30g
Chives**	1 bunch	1 bunch	1 bunch
Basa Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Hollandaise Sauce** 7) 8) 9)	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 570g	Per 100g 100g
Energy (kJ/kcal)	2330 /557	409 /98
Fat (g)	21.9	3.8
Sat. Fat (g)	6.7	1.2
Carbohydrate (g)	63.9	11.2
Sugars (g)	18.6	3.3
Protein (g)	29.1	5.1
Salt (g)	1.56	0.27

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

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard

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.

Contact

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Roast the Herby Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel) and pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, then season with **salt** and **pepper**.

Toss to coat, then 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.



All About that Basa

When the **carrots** have 15 mins of cooking time remaining, lay the **basa** onto the other half of the lined baking tray. Drizzle with **oil**, season with **salt** and sprinkle over the **lemon & herb seasoning**.

Bake the **fish** and **carrots** on the middle shelf of your oven for the remaining 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Bring on the Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto one side of a large, lined baking tray. Drizzle with **oil** and the **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer on one half of the baking tray.

Roast on the middle shelf until tender, 20-25 mins. Turn halfway through.



Heat your Hollandaise

A few mins before everything's ready, heat a small saucepan on medium heat.

Once hot, add the **hollandaise** to the pan and heat whilst stirring until piping hot, 1-2 mins.

Add **half** the **chives** to the **sauce** and stir to combine. Remove from the heat.



High Chive

While the **veg** roasts, finely chop the **chives** (use scissors if easier).



Serve Up

When ready, transfer the **basa** to your plates. Serve the **roasted potatoes and honeyed carrots** alongside.

Spoon the **hollandaise sauce** over the **basa fillets**, then sprinkle over the remaining **chives** to finish.

Enjoy!