



Korma Baked Basa and Chips with Garlic Butter Peas and Mango Chutney

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

6



Potatoes



Garlic Clove



Echalion Shallot



Korma Curry Paste



Basa Fillets



Peas



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Butter, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Echalion Shallot**	1	1½	2
Korma Curry Paste 9)	50g	75g	100g
Basa Fillets** 4)	2	3	4
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Mayonnaise*	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)	3008 /719	580 /139
Fat (g)	25.0	4.8
Sat. Fat (g)	9.7	1.9
Carbohydrate (g)	70.3	13.6
Sugars (g)	21.9	4.2
Protein (g)	32.4	6.2
Salt (g)	2.76	0.53

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

Allergens

4) Fish 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, cereals containing 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, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Cook the Garlic Peas

When the **chips** have 5 mins of cooking time left, melt the **butter** (see pantry for amount) in a small frying pan on medium-high heat.

Add the **shallot** and cook, stirring, until softened, 3-4 mins.

Stir in the **garlic** and cook for 1 min more.

Add the **peas** and stir-fry until piping hot, 2-3 mins. Season to taste with **salt** and **pepper**.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces.

Add the **korma curry paste** to a medium bowl and season with **salt** and **pepper**.

Pat the **basa** with kitchen paper to remove any excess moisture, then add to the bowl. Use your hands to coat the **fish** well.



Mango Chutney Mayo Time

Meanwhile, in a small bowl, mix together the **mango chutney** and **mayo** (see pantry for amount).



Bake your Fish

Lay the **korma basa fillets** onto a lined baking tray. Once the **chips** have been in the oven for 12 mins, pop the tray onto the middle shelf and bake until the **fish** is cooked, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve

When everything's ready, plate up the **korma basa** with the **chips** and **peas** alongside.

Finish with a dollop of **mango chutney mayo**.

Enjoy!