




Cajun Spiced Basa and Parsley Dressing with Herby Mash, Garlicky Green Beans and Tenderstem®

Quick **Air Fryer Friendly** 20 Minutes • **Medium Spice** • 1 of your 5 a day

6



-  Potatoes
-  Flat Leaf Parsley
-  Green Beans
-  Garlic Clove
-  Lemon
-  Cajun Spice Mix
-  Honey
-  Basa Fillets
-  Tenderstem® Broccoli

Pantry Items
Oil, Salt, Pepper, Olive Oil

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

Saucepan, garlic press, fine grater, baking paper, baking tray, bowl, frying pan, lid, colander and potato masher.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Green Beans** | 80g | 150g | 150g |
| Garlic Clove** | 1 | 1 | 2 |
| Lemon** | ½ | ¾ | 1 |
| Cajun Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Honey | 15g | 22g | 30g |
| Basa Fillets** (4) | 2 | 3 | 4 |
| Tenderstem® Broccoli** | 80g | 150g | 150g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|---------|---------|--------|
| Olive Oil for the Dressing* | 1½ tbsp | 2½ tbsp | 3 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 482g 2151/514 | 100g 446/107 |
| Fat (g) | 8.5 | 1.8 |
| Sat. Fat (g) | 4.0 | 0.8 |
| Carbohydrate (g) | 57.9 | 12.0 |
| Sugars (g) | 11.3 | 2.3 |
| Protein (g) | 30.8 | 6.4 |
| Salt (g) | 1.05 | 0.22 |

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

Allergens

4) Fish

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.

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

Contact

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Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Put a large saucepan of **water** with ½ **tsp salt** on to boil.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



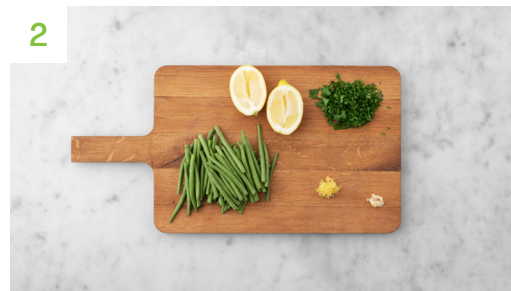
Make your Spicy Dressing

- Meanwhile, put the remaining **Cajun spice mix** into a small bowl (add less if you'd prefer things milder).
- Add the **lemon zest**, then squeeze in some **lemon juice**.
- Season with **salt**, add **half** the **honey**, then mix in the **olive oil for the dressing** (see pantry for amount) and **half** the **parsley**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
- Add more **lemon juice** to taste.

Fancy using an air fryer?

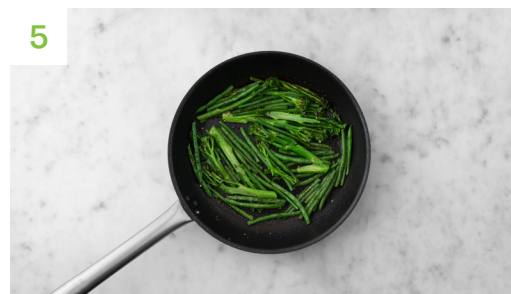
If you'd like to use an air fryer, simply swap out the oven steps for the below:

- Preheat your air fryer to 200°C. Pat the **basa** dry with kitchen paper.
- Once hot, place the **basa fillets** into the basket. Prep and season as instructed.
- Bake until cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



Prep the Veg

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lemon**.



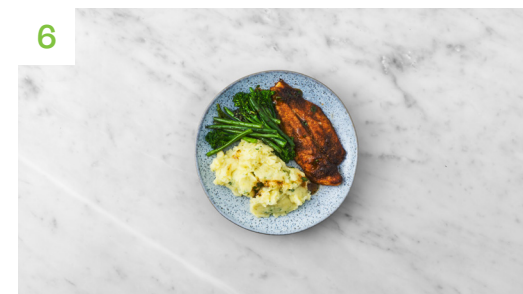
Stir-Fry the Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat. Halve any thick **broccoli stems** lengthways.
- Once hot, add the **green beans** and **Tenderstem®** to the pan. Stir-fry for 2-3 mins.
- Stir in the **garlic** and cook for 1 min more.
- Add a splash of **water**, then cover with a lid and allow to cook until the **veg** is tender, 4-6 mins.



Bake your Basa

- Lay the **basa** on a lined baking tray and sprinkle over **half** the **Cajun spice mix** (add less if you'd prefer things milder).
- Season with **salt** and **pepper** and drizzle with **oil**, then rub the **spice** into the **fish**.
- Bake the **basa** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



Finish and Serve

- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a splash of **milk** and a knob of **butter** (if you have any) and mash until smooth. Stir through the remaining **parsley**, then season to taste with **salt** and **pepper**.
- Once the **basa** has been removed from the oven, drizzle over the remaining **honey**.
- Transfer your **basa** to your plates and serve with the **mash** and **green beans** alongside. Finish by drizzling over the **spicy parsley dressing**.

Enjoy!