



Lemon & Herb Basa in Garlic Butter Sauce

with Herby Potatoes and Buttery Peas

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories

28



Potatoes



Garlic Clove



Lemon



Flat Leaf Parsley



Echalion Shallot



Basa Fillets



Lemon & Herb Seasoning



Vegetable Stock Paste



Peas

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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lemon**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Echalion Shallot**	1	1½	2
Basa Fillets** (4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste (10)	10g	15g	20g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml
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)	2689 / 643	462 / 110
Fat (g)	20.8	3.6
Sat. Fat (g)	9.0	1.5
Carbohydrate (g)	63.4	10.9
Sugars (g)	11.6	2.0
Protein (g)	33.2	5.7
Salt (g)	2.34	0.40

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

Allergens

4) Fish 10) Celery


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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potatoes** 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.



Make your Garlic Butter Sauce

In the meantime, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **shallot** and cook until softened, 4-5 mins. Add the **garlic**, fry for 30 secs, then squeeze in the juice of **half** the **lemon** and allow to evaporate.

Stir in the **water for the sauce** (see pantry for amount) and **vegetable stock paste**. Bring to the boil, then lower the heat and simmer for 1-2 mins.

Vigorously whisk in the **butter** (see pantry for amount) until melted and combined, then simmer until thickened, 2-3 mins. Remove from the heat, then stir in **two thirds** of the **parsley**.



Prep Time

In the meantime, peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lemon**.

Roughly chop the **parsley** (stalks and all).

Halve, peel and chop the **shallot** into small pieces.



Peas Please

When everything's finished cooking, share your **basa** between your serving plates. Spoon the **garlic butter sauce** over the **fish**.

Return the (now empty) frying pan to medium-high heat.

Once hot, add the **peas** and a knob of **butter** to the pan. Stir-fry for 1 min to warm through, then season with **salt** and **pepper**.



Bake the Basa

Pat the **basa** dry with kitchen paper and lay onto a lined baking tray.

Season with **salt** and **pepper**, then sprinkle over the **lemon zest** and **lemon & herb seasoning**.

When the **potatoes** have 12 mins remaining, bake the **fish** 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

When everything's ready, toss the remaining **parsley** through the **potatoes**.

Serve your **herby potatoes** and **buttery peas** alongside the **basa**.

Cut the remaining **lemon** into wedges and serve alongside for squeezing over.

Finish with a dollop of **mayo** (see pantry for amount) for dipping.

Enjoy!