



Homemade Basa Fish Fingers with Tartare Sauce

Special Sides 25-30 Minutes

7A

Find all your unchilled
Market items in bag A.



Basa Fillets



Breadcrumbs



Lemon



Flat Leaf Parsley



Capers



Mayonnaise

Pantry Items

Salt, Pepper, Egg, Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kitchen paper, bowl, whisk, baking tray, baking paper and fine grater.

Ingredients

Ingredients	Quantity
Basa Fillets** 4)	2
Breadcrumbs 13)	50g
Lemon**	1
Flat Leaf Parsley**	1 bunch
Capers	15g
Mayonnaise 8) 9)	96g

Pantry	Quantity
Egg*	1
Salt for the Breadcrumbs*	¼ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	298g	100g
Energy (kJ/kcal)	2005 /479	672 /161
Fat (g)	18.3	6.1
Sat. Fat (g)	2.6	0.9
Carbohydrate (g)	30.5	10.2
Sugars (g)	3.7	1.2
Protein (g)	30.2	10.1
Salt (g)	3.24	1.09

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

Allergens

4) Fish 8) Egg 9) Mustard 13) Cereals containing gluten

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. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



To Start

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

b) Pat the **basa** with kitchen paper to remove any excess moisture. Slice each **basa fillet** lengthways into 2cm wide strips and season with **salt** and **pepper**.

c) Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

d) Put the **breadcrumbs** into another bowl, then season with **salt** (see pantry for amount) and **pepper**.

Bake the Fish Fingers

a) Dip each piece of **fish** into the **egg**, then into the **breadcrumbs**, ensuring they're completely coated.

b) Transfer to a lined baking tray.

c) Drizzle the **fish fingers** with a little **oil**, then bake on the middle shelf until the **fish** is cooked, 15-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's fish is cooked when opaque in the centre.

Make the Tartare Sauce

a) While the **fish** bakes, zest and quarter the **lemon**. Finely chop the **parsley** (stalks and all). Finely chop the **capers**.

b) In a small bowl, combine a pinch of **lemon zest**, the **capers**, **mayonnaise** and **three quarters** of the **parsley**. Season with **salt** and **pepper**, then squeeze in **lemon juice** to taste. This is your **tartare sauce**!

c) Once baked, add your **fish fingers** to a serving dish and sprinkle over the the remaining **parsley**.

d) Serve the **tartare sauce** on the side for dipping. Squeeze over any remaining **lemon** if you'd like.

Enjoy!