



Sweet Chilli & Sambal Glazed Basa

with Five Spice Chips, Garlic Green Beans and Sesame Seeds

Classic 30-35 Minutes • Medium Spice

6



Potatoes



Green Beans



Basa Fillets



Sweet Chilli Sauce



Chinese Five Spice



Garlic Clove



Sambal Paste



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, 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, kitchen paper, baking paper, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Basa Fillets** 4)	2	3	4
Sambal Paste	30g	45g	60g
Sweet Chilli Sauce	32g	48g	64g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	486g 2607 / 623	100g 536 / 128
Fat (g)	21.0	4.3
Sat. Fat (g)	2.5	0.5
Carbohydrate (g)	59.3	12.2
Sugars (g)	13.5	2.8
Protein (g)	30.0	6.2
Salt (g)	1.45	0.30

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

Allergens

3) Sesame 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. Be careful when adding water to hot pans while cooking.

Contact

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1



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**, sprinkle over the **Chinese Five Spice**, 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

4



Bring on the Green Beans

While the **basa** bakes, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more. Add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Season with **salt** and **pepper**.

2



Prep Time

Meanwhile, trim the **green beans**.

Peel and grate the **garlic** (or use a garlic press).

3



Bake the Basa

Pat the **basa** dry with kitchen paper. Lay the **fish** on a lined large baking tray.

Spread the **sambal paste** over the **fillets**. Season with **salt** and **pepper**.

When the **chips** are halfway through baking, add the **fish** to the middle shelf of the oven and bake until cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

5

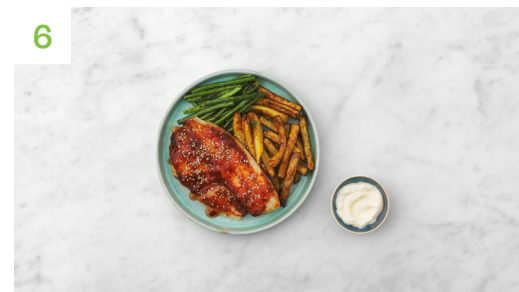


Sweet Chilli Time

When the **basa** has 3 mins remaining, drizzle the **sweet chilli sauce** over the **fillets**.

Return to the oven for the remaining cooking time, 2-3 mins.

6



Serve Up

When everything's ready, share the **basa fillets** between your plates and sprinkle with the **sesame seeds**.

Serve with the the **garlic green beans** and **Five Spice chips** alongside. Add some **mayo** (see pantry for amount) for dipping.

Enjoy!