



# Zesty Baked Basa and Salsa Verde with Roasted Potatoes and Baby Leaf Salad

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

6



Potatoes



Garlic Clove



Lemon



Basa Fillets



Capers



Flat Leaf Parsley



Dijon Mustard



Medium Tomato



Baby Leaf Mix

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive 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

Baking tray, aluminium foil, fine grater, baking paper, bowl and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lemon**	1	1½	2
Basa Fillets** 4)	2	3	4
Capers	15g	22g	30g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dijon Mustard 9) 14)	10g	15g	20g
Medium Tomato	1	1½	2
Baby Leaf Mix**	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Salsa*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>509g</b>	<b>100g</b>
Energy (kJ/kcal)	2293 /548	451 /108
Fat (g)	16.1	3.2
Sat. Fat (g)	2.8	0.6
Carbohydrate (g)	54.5	10.7
Sugars (g)	7.0	1.4
Protein (g)	29.8	5.9
Salt (g)	1.44	0.28

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

## Allergens

### 4) Fish 9) Mustard 14) Sulphites

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, mollusc, 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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## 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 them 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.



## Mix your Salsa Verde

Meanwhile, drain the **capers**.

Finely chop the **capers** and **parsley** (stalks and all), then add to a medium bowl.

Add the **Dijon mustard**, **half** the **lemon juice** and the **sugar** and **olive oil for the salsa** (see pantry for both amounts). Season with **salt** and **pepper**, then mix together.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it through the **salsa verde**, then set aside.

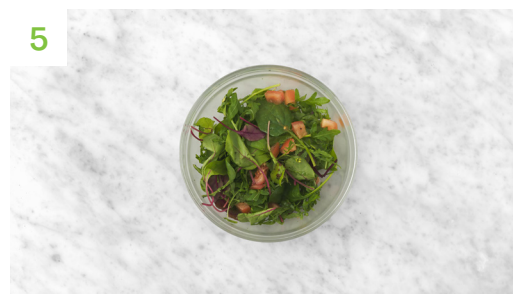


## Garlic Time

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Place the **parcel** on a baking tray and bake on the middle shelf until soft, 10-12 mins.

In the meantime, zest and halve the **lemon**.



## Finishing Touches

Squeeze the remaining **lemon juice** into a medium bowl. Pour in the **olive oil for the dressing** (see pantry for amount), season with **salt** and **pepper**, then stir well to combine.

Cut the **tomato** into 1cm chunks. Add the **tomato** to the bowl of **dressing** and stir to combine.

When the **fish** and **potatoes** are almost cooked, toss the **baby leaves** with **tomatoes** and **dressing**.

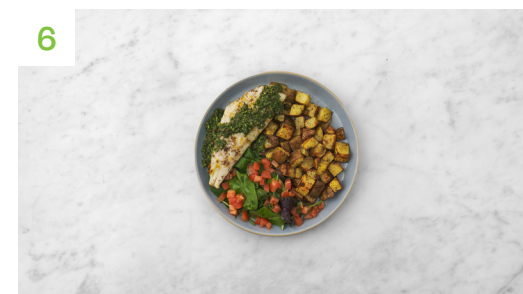


## Bake the Basa

When the **garlic** has roasted, remove the **parcel** from the baking tray and set aside to cool slightly, 2-3 mins.

Line the (now empty) baking tray with baking paper and lay on the **basa fillets**. Season with **salt** and **pepper**, then sprinkle over the **lemon zest**.

When the **potatoes** have 10-12 mins remaining, bake the **basa** on the middle shelf for the same amount of time until the **fish** is cooked. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Serve Up

When everything's ready, share the **basa**, **roast potatoes** and **salad** between plates.

Spoon the **salsa verde** over the **fish** to finish.

## Enjoy!