



Homemade Basa Fish Fingers and Chips with Peas and Lemon Mayo

Kid Friendly 30-35 Minutes • 1 of your 5 a day

15A

Find all your unchilled
Market items in bag A.



Potatoes



Basa Fillets



Breadcrumbs



Lemon



Mayonnaise



Peas

Pantry Items

Oil, Salt, Pepper, Egg

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, kitchen paper, bowl, whisk, baking paper, fine grater, kettle, saucepan and sieve.

Ingredients

Ingredients	Quantity
Potatoes	450g
Basa Fillets** 4)	2
Breadcrumbs 13)	50g
Lemon**	1
Mayonnaise 8) 9)	64g
Peas**	120g

Pantry	Quantity
Egg*	1
Oil for the Breadcrumbs*	2 tbsp
Salt for the Breadcrumbs*	¼ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	3038 /726	545 /130
Fat (g)	22.7	4.1
Sat. Fat (g)	3.5	0.6
Carbohydrate (g)	79.7	14.3
Sugars (g)	8.7	1.6
Protein (g)	36.5	6.5
Salt (g)	2.80	0.50

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, 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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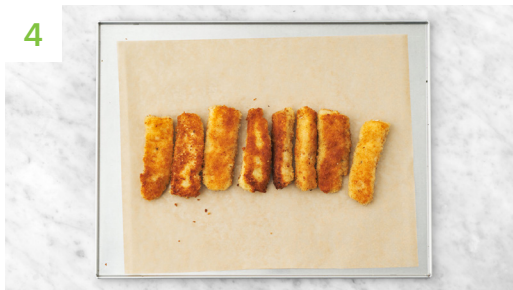


Chip, Chip, Hooray

a) 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).

b) Pop the **chips** 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.

c) When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Into the Oven

a) Drizzle the **fish fingers** with a little **oil**, then bake on the middle shelf of your oven until the **fish** is cooked, 15-18 mins. **IMPORTANT:** The fish is cooked when *opaque in the centre*.

b) While everything is in the oven, zest and quarter the **lemon**.

c) Boil a half-full kettle.

d) In a small bowl, combine a pinch of **lemon zest** with the **mayo** and set aside for serving.

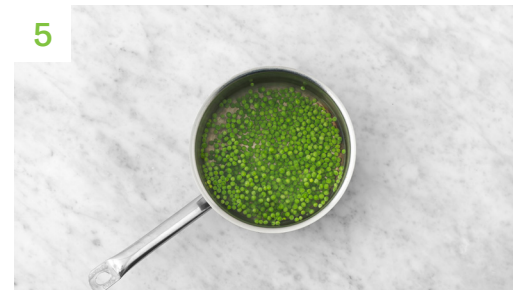


Slice the Basa

a) Meanwhile, pat the **basa** with kitchen paper to remove any excess moisture.

b) 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.



Peas, Please!

a) When the **fish fingers** and **chips** have 5 mins remaining in the oven, pour the **boiled water** from your kettle into a medium saucepan with ¼ tsp.

b) Bring back to the boil on high heat and add the **peas**. Reduce the heat to medium and cook for 2-3 mins.

c) Once cooked, drain in a sieve and return to the pan. Drizzle with **oil** and season with **salt** and **pepper**.



Dip and Crumb

a) Put the **breadcrumbs** and **oil for the breadcrumbs** (see pantry for amount) into another medium bowl, then season with **salt** (see pantry for amount) and **pepper** and mix to combine

b) Dip each piece of **fish** into the **egg**, then into the **breadcrumbs**, ensuring they're completely coated. Transfer to a lined baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Lunch is Served

a) Share the **homemade basa fish fingers, chips, peas** and **lemon mayo** between 2 serving plates.

b) Serve with the **lemon wedges** on the side for squeezing over if you wish.

Enjoy!