

Zesty Thai Style Spiced Basa

with Sweet Chilli Glaze, Lime Slaw and Sesame Chips

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



Potatoes



Roasted White Sesame Seeds



Lime



Mayonnaise



Coleslaw Mix



Basa Fillets



Thai Style Spice Blend



Sweet Chilli Sauce



Baby Leaf Mix



Made with herbs and spices common in Thai cuisine, this Thai style spice blend contains ingredients such as birds eye chilli, lime zest, lemongrass and coriander seeds, making its aromatic taste perfect for flavouring the white fish of this Zesty Thai Style Spiced Basa.

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, fine grater, bowl, kitchen paper and baking paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Lime**	1	1½	2
Mayonnaise 8) 9)	32g	48g	64g
Coleslaw Mix**	120g	180g	240g
Basa Fillets** 4)	2	3	4
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	48g	80g	96g
Baby Leaf Mix**	20g	40g	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	498g	100g
Energy (kJ/kcal)	2113 /505	424 /101
Fat (g)	8.8	1.8
Sat. Fat (g)	1.5	0.3
Carbohydrate (g)	61.3	12.3
Sugars (g)	15.9	3.2
Protein (g)	28.2	5.7
Salt (g)	1.30	0.26

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

Allergens

3) Sesame **4)** Fish **8)** Egg **9)** Mustard

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Chop your Chips

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**, season with **salt** and **pepper**, sprinkle over the **roasted sesame seeds**, 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.



Bake the Fish

When the **chips** are about halfway through cooking, bake the **fish** on the middle shelf until cooked through, 10-12 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

A few mins before the **fish** is cooked, drizzle the **sweet chilli sauce** over the **fillets** and pop back into the oven for the remaining time.



Get Prepped

While the **chips** are in the oven, zest and quarter the **lime** into wedges.

In a large bowl, combine the **mayo**, **half** the **lime juice** and a drizzle of **olive oil**.

Add the **coleslaw mix** to the bowl, season with **salt** and **pepper** and toss to coat. Set aside for later.



Finishing Touches

Just before you're ready to serve, toss the **baby leaves** through the **coleslaw**. **TIP:** Don't add the leaves too early or they'll go soggy.



Spice It Up

Next, pat the **basa** dry with kitchen paper.

Lay the **fish** onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **Thai style spice blend** and pinch of **lime zest**. Rub to coat with the **seasoning**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Serve Up

Share your **zesty spiced basa** between your serving plates. Spoon over any remaining **sweet chilli sauce** from the tray.

Serve your **slaw** and **sesame chips** on the side along with any remaining **lime wedges** for squeezing over.

Enjoy!