

Glazed Cajun Basa

with Oven-Baked Spiced Potatoes and Garlic Tenderstem® Broccoli

Calorie Smart 35-40 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Roasted Spice and Herb Blend



Garlic Clove



Tenderstem® Broccoli



Basa Fillets



Cajun Spice Mix



Red Pepper Chilli Jelly



Sea Bass Fillet

Pantry Items

Oil, Salt, Pepper, Mayonnaise

↔ Swap to Sea Bass

If you chose to swap to sea bass, then just follow the instructions on the back of this card.

Happy cooking!



Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme. The Cajun spice and red pepper chilli glaze pairs perfectly with the delicate 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, garlic press, kitchen paper, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Basa Fillets** 4	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Red Pepper Chilli Jelly	25g	37g	50g
Sea Bass Fillets** 4	2	3	4

Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4 tbsp	5 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	466g	100g	436g	100g
Energy (kJ/kcal)	2464 /589	529 /126	2260 /540	519 /124
Fat (g)	18.2	3.9	24.2	5.5
Sat. Fat (g)	2.1	0.5	3.3	0.8
Carbohydrate (g)	57.1	12.3	56.5	13.0
Sugars (g)	10.6	2.3	10.6	2.4
Protein (g)	30.5	6.5	25.1	5.8
Salt (g)	1.24	0.27	0.73	0.17

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

Allergens

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, 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 sprinkle over the **roasted spice and herb blend**.

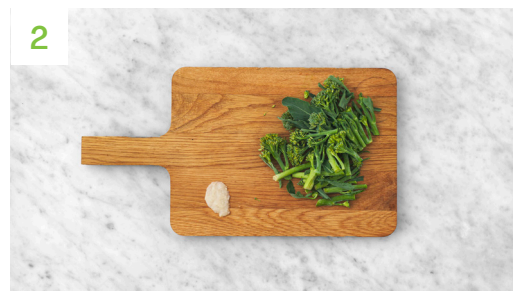
Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Bake the Fish

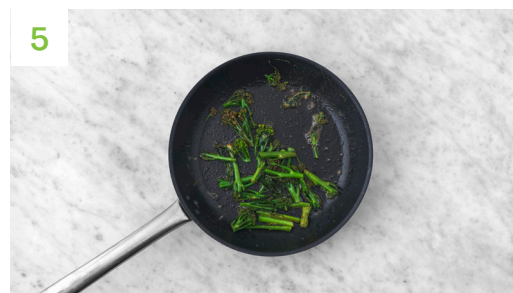
Bake the **fish** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** The fish is cooked when *opaque in the middle*.



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **Tenderstem® broccoli** into thirds.



Garlic Broccoli Time

While everything's in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add the **garlic** and fry for 1 min more.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins. Season with **salt** and **pepper**.



Flavour Town

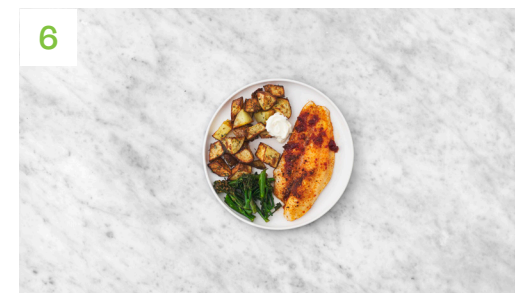
Pat the **basa** dry with kitchen paper. Lay the **fish** onto a lined baking tray.

Season with **salt** and **pepper**, sprinkle over the **Cajun spice mix** (add less if you'd prefer things milder) and drizzle over the **red pepper chilli jelly**. Spread the **mixture** over the flesh with the back of a spoon.

IMPORTANT: Wash your hands and equipment after handling raw fish.

↔ Swap to Sea Bass

If you've chosen **sea bass** instead, prep the same way, then cook for 10-15 mins instead.



Serve Up

Share your **glazed basa** between your serving plates.

Serve with your **spiced potatoes** and **garlic broccoli** alongside.

Add a dollop of **mayonnaise** (see pantry) for dipping.

Enjoy!