



# Caribbean Style Jerk Crusted Basa with Mango Slaw and Black Sesame Wedges

47

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



Potatoes



Black Sesame Seeds



Lime



Breadcrumbs



Caribbean Style Jerk



Coleslaw Mix



Mango Chutney



Mayonnaise



Basa Fillets



Sea Bass Fillets

### Pantry Items

Oil, Salt, Pepper, Olive Oil

↔ Swap to Sea Bass Fillets

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

Happy cooking!



Our Caribbean Style Jerk Crusted Basa captures the vibrant flavours of the Caribbean. Flavoured with jerk seasoning that contains paprika, cayenne, pimento and thyme, sweetness, spice and heat deliciously collide together.

## 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
Black Sesame Seeds <b>3)</b>	5g	10g	10g
Lime**	1	1½	2
Breadcrumbs <b>13)</b>	25g	35g	50g
Caribbean Style Jerk <b>9)</b>	1 sachet	1 sachet	2 sachets
Coleslaw Mix**	120g	180g	240g
Mango Chutney	40g	60g	80g
Mayonnaise <b>8) 9)</b>	64g	96g	128g
Basa Fillets** <b>4)</b>	2	3	4
Sea Bass Fillets** <b>4)</b>	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	519g	100g	489g	100g
Energy (kJ/kcal)	2647/633	511/122	2442/584	500/119
Fat (g)	17.1	3.3	23.1	4.7
Sat. Fat (g)	2.3	0.5	3.6	0.7
Carbohydrate (g)	73.1	14.1	72.6	14.9
Sugars (g)	16.8	3.2	16.8	3.4
Protein (g)	29.2	5.6	23.8	4.9
Salt (g)	2.19	0.42	1.69	0.35

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 **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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



## Toss the Slaw

In a medium bowl, combine the **coleslaw**, **half** the **mango chutney**, **half** the **mayonnaise** and a good squeeze of **lime juice**. Season with **salt** and **pepper**, mix well then set aside.



## Lime Feeling Good

When the oven is hot, roast the **wedges** on the top shelf until golden, 25-35 mins. Turn halfway through. Meanwhile, zest and quarter the **lime** into wedges.



## Bake the Basa

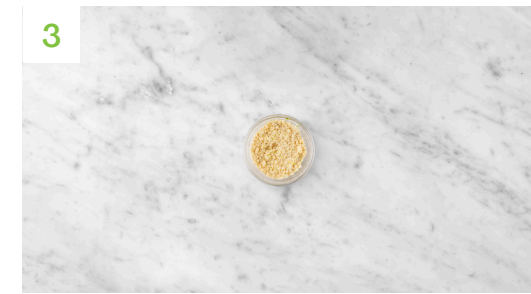
Pat the **basa** dry with kitchen paper, then lay onto a lined baking tray. Sprinkle over the **Caribbean style jerk**, drizzle with **oil**, season with **salt** and **pepper**, then rub to coat.

Spread the remaining **mayonnaise** over the top of the **fish** and top with the **zesty breadcrumbs**. Gently press down with a spoon to secure.

Bake on the middle shelf of your oven until golden and cooked through, 12-14 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

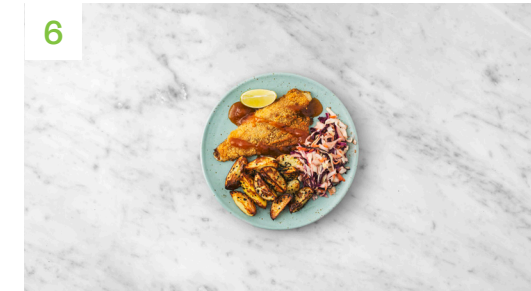
Swap to Sea Bass Fillets

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



## Mix the Crumb

In a small bowl, combine the **breadcrumbs**, **lime zest**, **olive oil for the crumb** (see pantry for amount) and a pinch of **salt** and **pepper**. Set aside.



## Serve Up

Share the **basa** between your plates. Serve the **wedges** and **slaw** alongside.

Drizzle the remaining **mango chutney** over the **basa** to finish. Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!