



Crispy Lemon and Herb Basa with Pesto Roasted Veg

Classic 35-40 Minutes • 1 of your 5 a day

6



Potatoes



Bell Pepper



Red Onion



Lemon & Herb Seasoning



Breadcrumbs



Basa Fillets



Mayonnaise



Pesto

Pantry Items
Oil, Salt, Pepper, 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, bowl, kitchen paper and baking paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Red Onion	1	1	2
Lemon & Herb Seasoning	1 sachet	1½ sachets	2 sachets
Breadcrumbs 13)	25g	35g	50g
Basa Fillets** 4)	2	3	4
Mayonnaise 8) 9)	32g	48g	64g
Pesto** 7)	32g	48g	64g

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

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	2752/658	516/123
Fat (g)	21.7	4.1
Sat. Fat (g)	3.9	0.7
Carbohydrate (g)	68.4	12.8
Sugars (g)	11.2	2.1
Protein (g)	30.2	5.7
Salt (g)	2.01	0.38

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

Allergens

4) Fish **7)** Milk **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Prep the Veg

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

Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **bell pepper** and discard the core and seeds. Cut lengthways into large wedges. Halve and peel the **red onion**, then cut each half into 3 wedges.

Pop the **potatoes, pepper and onion** 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 middle shelf until golden, 25-35 mins. Turn halfway through.



Time to Bake

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



Crumb the Fish

Meanwhile, put the **lemon & herb seasoning, breadcrumbs and olive oil for the crumb** (see pantry for amount) into a small bowl. Season with **salt and pepper**, then mix well.

Pat the **basa fillets** with kitchen paper to remove any excess moisture. Lay the **basa** onto a lined baking tray. Spread the **mayonnaise** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Dress to Impress

When the **roasted veg** are cooked, drizzle over the **pesto dressing**. Toss until well coated.



Hey Pesto

In a small bowl, add the **pesto** and the **olive oil for the dressing** (see pantry for amount). Season with **salt and pepper**. Stir to combine.



Serve Up

Serve the **crispy herb basa fillets** on top of the **roasted pesto veg**.

Enjoy!