



Pesto Baked Basa and Warm Tomato Salsa with Rosemary Potatoes and Lemon Dressed Baby Leaf Salad

Calorie Smart 35-40 Minutes • 1 of your 5 a day

28



Potatoes



Dried Rosemary



Lemon



Medium Tomato



Garlic Clove



Basa Fillets



Pesto



Baby Leaf Mix



Sea Bass Fillets



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Sugar, 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, fine grater, garlic press, bowl, kitchen paper, baking paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Medium Tomato	1	2	2
Garlic Clove**	1	1	2
Basa Fillets** 4)	2	3	4
Pesto 7)	32g	48g	64g
Baby Leaf Mix**	50g	75g	100g
Sea Bass Fillets** 4)	2	3	4
Salmon Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbspc	1½ tbspc	2 tbspc
Sugar for the Salsa*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Salsa*	1 tbspc	1½ tbspc	2 tbspc

*Not Included **Store in the Fridge

Nutrition

Typical Values	Sea Bass Fillets		Salmon Fillets			
	Per serving	Per 100g	Per serving	Per 100g		
for uncooked ingredient	472g	100g	442g	100g	452g	100g
Energy (kJ/kcal)	2328 /556	493 /118	2126 /508	481 /115	2446 /585	541 /129
Fat (g)	18.4	3.9	24.4	5.5	31.7	7.0
Sat. Fat (g)	3.6	0.8	4.8	1.1	5.7	1.3
Carbohydrate (g)	52.8	11.2	52.3	11.8	52.4	11.6
Sugars (g)	7.7	1.6	7.7	1.7	7.8	1.7
Protein (g)	28.9	6.1	23.5	5.3	27.5	6.1
Salt (g)	1.45	0.31	0.95	0.21	0.97	0.22

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

Allergens

4) Fish 7) Milk

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.

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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**, sprinkle over the **dried rosemary**, then season with **salt** and **pepper**. 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.



Get Prepped

Meanwhile, zest and halve the **lemon** (see ingredients for amount). Cut the **tomato** into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).

In a medium bowl, combine a good squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set your **salad dressing** aside.



Fish Time

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**.

Lay the **fish** onto a lined baking tray. Spread the **pesto** over the top of the **fish**, then sprinkle over **half** the **lemon zest**.

When the **potatoes** have 12 mins left, bake the **fish** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

Custom Recipe: If you've chosen to swap to **sea bass fillet** or **salmon fillet**, follow the instructions at the bottom of the page.

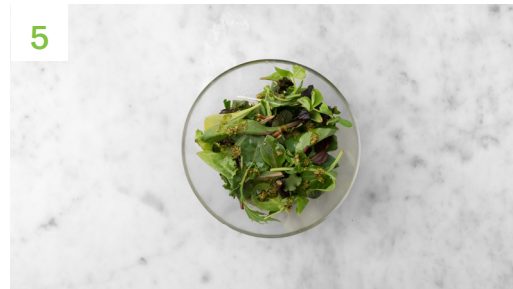


Make your Tomato Salsa

Meanwhile, pop a frying pan on medium heat and add the **sugar** and **olive oil for the salsa** (see pantry for both amounts).

Once hot, add the **tomato chunks** and cook until just warmed through, 1-2 mins.

Gently stir in the **garlic** and remaining **lemon zest** and cook until fragrant, 30 secs. Squeeze in some **lemon juice** and season with **salt** and **pepper**. Taste and season again if needed, then remove from the heat.



Bring on the Baby Leaves

When everything's ready, add the **baby leaves** to your **salad dressing** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.



Serve

Transfer the **pesto basa** to your plates and spoon over the **warm tomato salsa**.

Serve with the **rosemary potatoes** and **salad** alongside.

Enjoy!

CUSTOM RECIPE



SEA BASS FILLETS

Prep the **sea bass** in the same way, then bake for 10-15 mins instead.



SALMON FILLETS

Prep the **salmon** in the same way, then bake for 10-15 mins instead.