



Soy and Ginger Baked Basa

with Warm Roasted Veg Salad

28

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Carrot



Courgette



Garlic Clove



Basa Fillets



Ginger Puree



Soy Sauce



Baby Leaf Mix



Mayonnaise



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

↔ Swap to Salmon Fillets

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

Happy cooking!

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, garlic press, kitchen paper, bowl and baking paper.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Potatoes | 450g | 700g | 900g |
| Carrot** | 1 | 2 | 2 |
| Courgette** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Basa Fillets** 4) | 2 | 3 | 4 |
| Ginger Puree | 15g | 30g | 30g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |
| Baby Leaf Mix** | 50g | 70g | 100g |
| Mayonnaise 8) 9) | 32g | 64g | 64g |
| Salmon Fillets** 4) | 2 | 3 | 4 |
| Pantry | 2P | 3P | 4P |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Olive Oil for the Marinade* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 578g | 100g | 558g | 100g |
| Energy (kJ/kcal) | 2232 /533 | 386 /92 | 2346 /561 | 421 /101 |
| Fat (g) | 11.8 | 2.0 | 25.2 | 4.5 |
| Sat. Fat (g) | 2.0 | 0.3 | 4.1 | 0.7 |
| Carbohydrate (g) | 59.0 | 10.2 | 58.6 | 10.5 |
| Sugars (g) | 10.9 | 1.9 | 11.0 | 2.0 |
| Protein (g) | 30.6 | 5.3 | 29.1 | 5.2 |
| Salt (g) | 3.02 | 0.52 | 2.54 | 0.46 |

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

Allergens

4) Fish 8) Egg 9) Mustard 11) Soya 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.

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

Contact

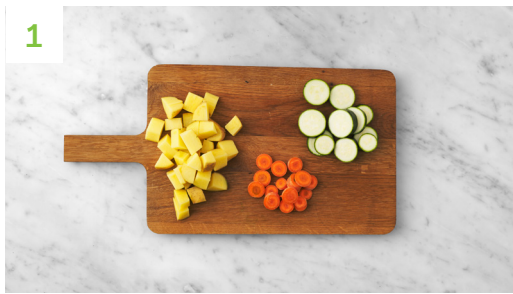
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Chop the Veg

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

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

Trim the **carrot** and **courgette**, then slice into 1cm thick rounds (no need to peel).



Time to Roast

Pop the **potato chunks**, **carrot** and **courgette rounds** 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 top shelf until golden, 25-35 mins. Turn halfway through.

↔ Swap to Salmon Fillets

Roast the **veg** on the middle shelf, 30-40 mins instead.



Marinate the Basa

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

Pat the **basa** dry with kitchen paper.

In a large bowl, combine the **garlic**, **ginger puree**, **soy sauce**, **sugar** and **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper**.

Add the **basa** and gently turn to coat in the **mixture**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

↔ Swap to Salmon Fillets

Marinate the **salmon** in the same way, then bake on the top shelf, 10-15 mins.



Bake the Fish

When the **veg** has 10 mins remaining, transfer the **basa** to a lined baking tray. Drizzle over any remaining marinade from the bowl.

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



Salad Time

When everything's ready, add the **baby leaves** and **mayo** to the tray of **roasted veg**. Toss to combine. Season with **salt** and **pepper**.



Serve Up

Share the **warm roasted veg salad** between your plates.

Top with the **soy and ginger baked basa**. Spoon over any remaining **glaze** from the tray.

Enjoy!