

# Teriyaki Glazed Basa

## with Spiced Wedges and Pak Choi

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



Potatoes



Thai Style Spice Blend



Pak Choi



Carrot



Garlic Clove



Basa Fillets



Teriyaki Sauce



Sriracha Sauce



Roasted White Sesame Seeds



Sea Bass Fillets



Salmon Fillets



Widely used in Japanese barbecue dishes, teriyaki's name comes from the Japanese 'teri', meaning 'shine' and 'yaki' meaning fried or grilled. Here, it's paired with basa, a delicate white fish that's great for soaking up flavour. Served with spiced wedges and stir-fried garlicky veg to make a meal that's perfect for a balanced lifestyle.

**Pantry Items**

Oil, Salt, Pepper, Mayonnaise



## 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, baking paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Pak Choi**	1	1½	2
Carrot**	1	1½	2
Garlic Clove**	2	3	4
Basa Fillets** 4)	2	3	4
Teriyaki Sauce 11)	75g	120g	150g
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g

Sea Bass Fillets** 4)	2	3	4
Salmon Fillets** 4)	2	3	4

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

\*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	534g	100g	504g	100g	514g	100g
Energy (kJ/kcal)	2497 /597	468 /112	2295 /548	456 /109	2615 /625	509 /122
Fat (g)	14.6	2.7	20.6	4.1	27.9	5.4
Sat. Fat (g)	1.9	0.4	3.1	0.6	4.1	0.8
Carbohydrate (g)	67.6	12.7	67.2	13.3	67.3	13.1
Sugars (g)	20.2	3.8	20.2	4.0	20.3	3.9
Protein (g)	30.3	5.7	24.9	4.9	28.8	5.6
Salt (g)	3.16	0.59	2.66	0.53	2.68	0.52

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

## Allergens

3) Sesame 4) Fish 11) Soya

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

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## Start 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. Sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder). 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, 30-40 mins. Turn halfway through.

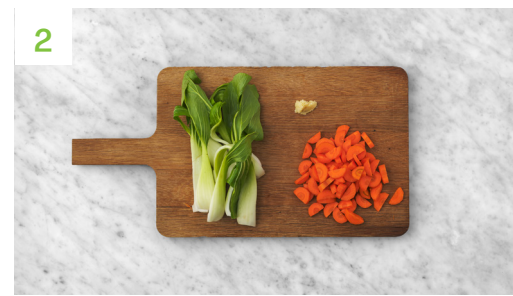


## Stir-Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Add the **carrot** and **pak choi**. Season with **salt** and **pepper**. Stir-fry until tender, 4-5 mins.

Add the **garlic**. Stir-fry for 30 secs. Remove from heat.



## Prep the Veg

Meanwhile, trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.

Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways, about ½cm thick.

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



## Finishing Touches

When the **basa** has 5 mins remaining, remove from the oven and spoon the remaining **teriyaki sauce** over the **fillets**.

Return the tray back to the oven for the remaining cooking time.



## Bake the Basa

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**. Lay the **fish** on a lined large baking tray.

Pour a tablespoon of **teriyaki sauce** over each **fillet**. Spread with the back of the spoon to coat the **fish**.

When the **chips** have 12 mins remaining, bake the **fish** on the middle shelf until cooked through, 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** or **salmon**, follow the instructions at the bottom of the page.



## Serve

Share the **basa fillets**, **wedges** and **stir-fried veg** between your plates.

Spoon over any remaining **teriyaki sauce** from the baking tray.

Drizzle the **sriracha** and **mayonnaise** (see pantry for amount) over the **basa fillets**.

Sprinkle with the **sesame seeds** to finish.

## Enjoy!

### CUSTOM RECIPE



#### SEA BASS FILLETS

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



#### SALMON FILLETS

Cook the **wedges** on the middle shelf. Prep the **salmon** in the same way, then bake, 10-15 mins instead.