

Cheesy Crusted Basa

with Roasted Potatoes and Honey Mustard Carrots

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories







Potatoes









Mixed Herbs

Wholegrain Mustard





Panko Breadcrumbs



Grated Hard Italian Style Cheese



Garlic Clove



Basa Fillets



Mayonnaise

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, aluminium foil, kitchen paper, baking paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Carrot**	2	3	4	
Honey	15g	30g	30g	
Wholegrain Mustard 9)	17g	17g	34g	
Panko Breadcrumbs 13)	20g	30g	40g	
Mixed Herbs	1 sachet	1 sachet	2 sachets	
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g	
Garlic Clove**	1	2	2	
Basa Fillets** 4)	2	3	4	
Mayonnaise 8) 9)	64g	96g	128g	
Pantry	2P	3P	4P	
Olive Oil for the Crumb*	½ tbsp	1 tbsp	1 tbsp	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2699 /645	503/120
Fat (g)	29.4	5.5
Sat. Fat (g)	7.5	1.4
Carbohydrate (g)	62.9	11.7
Sugars (g)	15.3	2.8
Protein (g)	36.4	6.8
Salt (g)	2.33	0.43

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, gluten and sulphites.

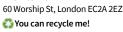
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer on one half of your baking tray.



Add the Carrots

Put the **carrots** on the other side of the baking tray. TIP: *Use two baking trays if necessary.*

Drizzle the **carrots** with **oil**, **honey** and **wholegrain mustard**. Season, then toss to coat and spread out. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

When your oven is hot, roast the **potatoes** and **carrots** on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Cheesy Crumb

Meanwhile, in a small bowl, combine the breadcrumbs, mixed herbs, hard Italian style cheese and olive oil for the crumb (see pantry for amount).

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the **veg** baking tray and roast until soft, 10-12 mins.



Bake your Basa Fillets

Pat the **basa** dry with kitchen paper, then lay onto a lined baking tray.

Spread **half** the **mayonnaise** over the top of the **fish** and top with the **cheesy crumb**. Press it down with a spoon.

When the **veg** are halfway through cooking, bake the **fish** on the middle shelf of your oven until the **crumbs** are golden and the **fish** is cooked through, 10-12 mins. **IMPORTANT**: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Make the Garlic Mayo

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add to a bowl with the remaining **mayonnaise** and season with **salt** and **pepper**. Mix well.



Serve

When everything's ready, serve the **basa** on your plates with the **roasted potatoes** and **honey mustard carrots** alongside.

Serve with the garlic mayo for dipping.

Enjoy!

