



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

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

6



Potatoes



Dried Rosemary



Lemon



Medium Tomato



Garlic Clove



Fresh Pesto



Basa Fillets



Baby Leaf Mix



Salmon Fillet
Skin-On

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, 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, 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
Fresh Pesto** 7)	32g	32g	64g
Basa Fillets** 4)	2	3	4
Baby Leaf Mix**	50g	75g	100g
Salmon Fillet Skin-On**	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Salsa*	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	480g	100g	460g	100g
Energy (kJ/kcal)	2221/531	463/111	2431/581	529/126
Fat (g)	26.9	5.6	30.9	6.7
Sat. Fat (g)	5.4	1.1	5.5	1.2
Carbohydrate (g)	46.7	9.7	46.3	10.1
Sugars (g)	4.9	1.0	5.0	1.1
Protein (g)	28.4	5.9	26.8	5.8
Salt (g)	1.42	0.30	0.94	0.20

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, 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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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.



Make your Tomato Salsa

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

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

Gently stir in the **garlic** and **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.



Get Prepped

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

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

Put the **pesto** into a medium bowl and add a squeeze of **lemon juice**. Mix in the **olive oil for the dressing** (see pantry for amount), then set aside.



Finish Off

When everything's ready, add the **baby leaves** to your **pesto dressing** and toss to coat.



Fish Time

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**. Lay the **fish**, skin-side down, onto a lined baking tray.

When the **potatoes** have 12 mins left, bake the **fish** on the middle shelf for 10-12 mins until cooked.

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 get **salmon** instead of **basa**, bake on the middle shelf of your oven until cooked through, 10-15 mins.



Serve

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

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

Enjoy!