



# Oven-Baked Basa in Tarragon-Garlic Butter with Cheesy Chips and Green Beans

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

6



Potatoes



Green Beans



Garlic Clove



Tarragon



Basa Fillets



Lemon & Herb  
Seasoning



Grated Hard  
Italian Style Cheese

#### Pantry Items

Oil, Salt, Pepper, Butter

## 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, aluminium foil, garlic press, baking paper, frying pan, lid, bowl and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Tarragon**	1 bunch	1 bunch	2 bunches
Basa Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Butter*	30g	45g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	458g	100g
	2409 /576	526 /126
Fat (g)	18.5	4.0
Sat. Fat (g)	10.7	2.3
Carbohydrate (g)	50.3	11.0
Sugars (g)	4.7	1.0
Protein (g)	33.3	7.3
Salt (g)	1.39	0.30

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

## Allergens

4) Fish 7) Milk 8) Egg

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, 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.

## Contact

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## 1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **butter** (see pantry for amount) from your fridge to allow it to come up to room temperature.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## 4 Bring on the Beans

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

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the reserved **grated garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins.

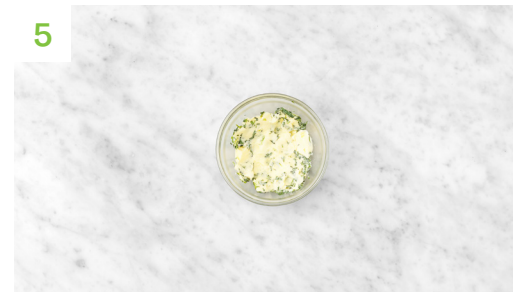


## 2 Prep Time

Meanwhile, trim the **green beans**.

Pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Peel and grate the remaining **garlic** (or use a garlic press) and set aside for now.

Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



## 5 Mix the Tarragon Butter

While the **beans** cook, in a small bowl, combine the **tarragon** and **softened butter**. Season with **salt** and **pepper**, then mix well.

When the **beans** are cooked, remove from the heat and cover until ready to serve.

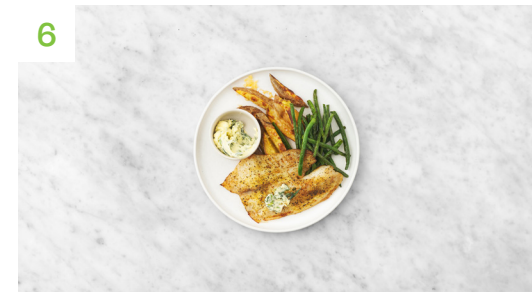


## 3 Bake the Basa

Lay the **basa** on a medium, lined baking tray. Season with **salt** and **pepper**, then sprinkle over the **lemon & herb seasoning**. Add the **garlic parcel** to the tray.

When the **chips** are halfway through baking, sprinkle them with the **hard Italian style cheese**. Toss to coat, then return to the oven to bake for the remaining time, 12-15 mins.

Pop the **basa** and **garlic parcel** tray onto the middle shelf of your oven and bake until cooked, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## 6 Finish and Serve

Once ready, remove the **garlic** from the foil parcel. Allow it to cool, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it into the **tarragon butter**.

Transfer the **basa fillets** to your plates. Spoon the **tarragon-garlic butter** over the **fish** and allow it to melt.

Serve the **fish** with the **cheesy chips** and **green beans** alongside.

Enjoy!