



# Indonesian Style Glazed Basa and Sesame Chips with Garlic Green Beans and Young Pea Pods

28

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



Potatoes



Roasted White Sesame Seeds



Young Pea Pods



Green Beans



Garlic Clove



Basa Fillets



Indonesian Style Spice Mix



Sweet Chilli Sauce



Sea Bass Fillets



Salmon Fillets

#### 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, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7.5g	10g
Young Pea Pods**	80g	150g	150g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Basa Fillets** 4)	2	3	4
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	32g	48g	64g
Sea Bass Fillets** 4)	2	3	4
Salmon Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

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

## Nutrition

Typical Values	Sea Bass Fillets		Salmon Fillets			
	Per serving	Per 100g	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	506g	100g	477g	100g	487g	100g
Energy (kJ/kcal)	2520 /602	497 /119	2318 /554	486 /116	2637 /630	542 /130
Fat (g)	19.5	3.8	25.5	5.3	32.8	6.7
Sat. Fat (g)	2.3	0.4	3.5	0.7	4.4	0.9
Carbohydrate (g)	58.7	11.6	58.3	12.2	58.4	12.0
Sugars (g)	13.0	2.6	13.0	2.7	13.1	2.7
Protein (g)	30.3	6.0	24.9	5.2	28.8	5.9
Salt (g)	1.11	0.22	0.61	0.13	0.63	0.13

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

## Allergens

3) Sesame 4) Fish

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.

## Contact

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## 1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. 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. Sprinkle over the **sesame seeds**. 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, 30-35 mins. Turn halfway through.



## 4 Bring on the Veg

While the **basa** bakes, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **young pea pods** and **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **veg** is tender, 4-5 mins. Season with **salt** and **pepper**.



## 2 Prep Time

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



## 5 Sweet Chilli Time

When the **basa** has 3 mins remaining, drizzle the **sweet chilli sauce** over the **fillets**. Return to the oven for the remaining cooking time, 2-3 mins.



## 3 Bake the Basa

Pat the **basa** dry with kitchen paper. Lay the **fish** on a lined large baking tray. Drizzle with **oil**, sprinkle over the **Indonesian style spice mix**, then season with **salt** and **pepper**. Rub the seasoning into the **flesh** of the **fish**. When the **chips** are halfway through baking, add the **fish** to the middle shelf of the oven and bake 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 upgrade to **sea bass** or **salmon**, follow the instructions below the bottom of the page.



## 6 Serve Up

When everything's ready, share the **basa fillets** between your plates. Serve with the **garlic young pea pods, green beans** and **sesame chips** alongside. Add some **mayo** (see pantry for amount) for dipping. **Enjoy!**

**CUSTOM RECIPE**



**SEA BASS FILLETS**

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



**SALMON FILLETS**

Cook the **chips** on the middle shelf, 30-35 mins. Bake the **salmon** on the top shelf, 10-15 mins instead.