

Soy and Ginger Baked Basa

with Warm Roasted Veg Salad

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Carrot



Courgette



Garlic Clove



Basa Fillets



Ginger Puree



Soy Sauce



Baby Leaf Mix



Mayonnaise



Sea Bass Fillets



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, garlic press, kitchen paper, bowl and baking paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Courgette**	1	2	2
Garlic Clove**	2	3	4
Basa Fillets** 4)	2	3	4
Ginger Puree	15g	30g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Baby Leaf Mix**	50g	70g	100g
Mayonnaise 8) 9)	32g	64g	64g
Sea Bass Fillets** 4)	2	3	4
Salmon Fillets** 4)	200g	300g	400g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 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	578g	100g	548g	100g
Energy (kJ/kcal)	2229 /533	386 /92	2026 /484	370 /88
Fat (g)	11.8	2.0	17.8	3.3
Sat. Fat (g)	2.0	0.3	3.2	0.6
Carbohydrate (g)	58.9	10.2	58.5	10.7
Sugars (g)	10.9	1.9	10.9	2.0
Protein (g)	30.6	5.3	25.2	4.6
Salt (g)	3.02	0.52	2.52	0.46

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

Allergens

4) Fish 8) Egg 9) Mustard 11) Soya 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, 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

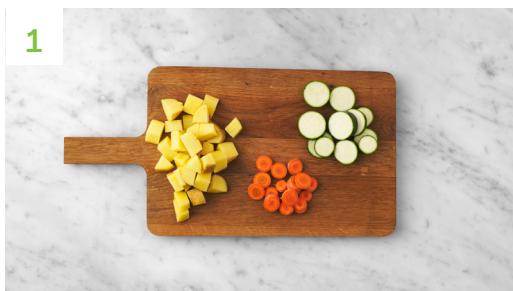
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Chop the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Trim the **carrot** and **courgette**, then slice into 1cm thick rounds (no need to peel).



Time to Roast

Pop the **potato chunks**, **carrot** and **courgette rounds** 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Marinate the Basa

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pat the **basa** dry with kitchen paper.

In a large bowl, combine the **garlic**, **ginger puree**, **soy sauce**, **sugar** and **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper**.

Add the **basa** and gently turn to coat in the **mixture**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

Custom Recipe: If you've chosen to swap to **sea bass fillets** or **salmon fillets**, follow the instructions below the bottom of the page.



Bake the Fish

When the **veg** has 10 mins remaining, transfer the **basa** to a lined baking tray. Drizzle over any remaining **marinade** from the bowl.

Bake the **fish** on the middle shelf of your oven until cooked, 10-12 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Salad Time

When everything's ready, add the **baby leaves** and **mayo** to the tray of **roasted veg**. Toss to combine. Season with **salt** and **pepper**.



Serve Up

Share the **warm roasted veg salad** between your plates.

Top with the **soy and ginger baked basa**. Spoon over any remaining **glaze** from the tray.

Enjoy!

CUSTOM RECIPE



SEA BASS FILLETS

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



SALMON FILLETS

Cook the **veg** on the middle shelf, 30-40 mins. Marinate the **salmon** in the same way, then bake on the top shelf, 10-15 mins instead.