



Fish Tostadas

with Sweet Potato and Habanero Salsa



HELLO SWEET POTATO

The first Europeans to taste this delicious tuber were members of Columbus' expedition to Haiti in 1492.



Sweet Potato



Mississippi Style Mix



Coley Fillets



Vine Tomato



Baby Gem Lettuce



Flat Leaf Parsley



Whole Wheat Soft Tortillas



Red Wine Vinegar



Hot Habanero Salsa

MEAL BAG

35 mins

2 of your 5 a day

Little heat

For the first time in HelloFresh recipe history (and that's a lot of recipes!) we're putting coley on the menu. Coley is a great tasting white fish with a similar meaty texture to Cod making it the perfect ingredient for tonight's tasty tostadas. Marinated in our Mississippi spice mix, pan fried until golden and piled onto crispy golden tostadas with with roasted sweet potato and crunchy baby gem salad, this is the perfect recipe for a midweek pick me up.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, **Shallow Dish**, some **Kitchen Paper**, a **Mixing Bowl**, **Small Bowl** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Pop on a lined baking tray and drizzle on a splash of **oil**. Season with **salt** and **pepper** and **half** the **Mississippi style mix**. Rub the flavourings all over the **sweet potato** chunks. Arrange in one even layer and roast on the top shelf of your oven until soft and golden, 20-25 mins. Turn halfway through cooking.



2 MARINATE THE FISH

Place the **coley fillets** in a shallow dish and pat dry with kitchen paper. Drizzle on a splash of **oil**. Season with **salt** and sprinkle on the remaining **Mississippi style mix**. Use your hands to rub the **spice** all over the **fish**. Keep to one side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



3 PREP TIME

While the **sweet potato** is roasting, chop the **tomato** into 1cm chunks and pop into a mixing bowl. Trim the root from the **baby gem** then chop widthways into 1cm thick strips. Add to the bowl with the **tomato**. Set aside we will dress the **salad** just before serving. Roughly chop the **parsley** (stalks and all).



4 TOSTADA TIME!

Pop the **tortillas** in a single layer on another lined baking tray and drizzle over some **oil**. Use one or two per person. Season with **salt** and **pepper**. Bake in the middle of your oven until crisp and golden, 5-7 mins. **★ TIP:** You may need to use 2 trays for this so the tortillas don't overlap. Meanwhile, put the **red wine vinegar** and **olive oil** (see ingredients for amount) into a small bowl and whisk together. Season with **salt** and **pepper**.



5 COOK THE FISH

When the **sweet potato** has 10 mins left in the oven, heat a splash of **oil** in a large frying pan over medium-high heat. Once the **oil** is hot, add the **coley** and fry until golden, 3-4 mins. Carefully turn the **fish** and fry on the other side until cooked through, another 3-4 mins. **! IMPORTANT:** The fish is cooked when the centre is opaque. Allow to rest for 1 minute and then use a fork to flake the **fish** into bite-sized pieces.



6 SERVE!

Pour the **dressing** onto the **tomato** and **baby gem** and toss gently to coat. Arrange the **tostadas** on your plates. Share the **salad** between your **tostadas** in a nice even layer. Nestle the **sweet potato** chunks amongst the **salad** and then top with pieces of **fish**. Finish with dollops of **hot habanero salsa** and a sprinkle of **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	1 small	2 small	2 small
Mississippi Style Mix	1 pot	1½ pots	2 pots
Coley Fillets 4)	2	3	4
Vine Tomato	2	3	4
Baby Gem Lettuce	1	1½	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Whole Wheat Soft Tortillas 13)	4	6	8
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Hot Habanero Salsa 14)	1 pot	2 pots	2 pots

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 494G	PER 100G
Energy (kcal)	578	117
(kJ)	2416	489
Fat (g)	16	3
Sat. Fat (g)	2	1
Carbohydrate (g)	73	15
Sugars (g)	15	3
Protein (g)	32	7
Salt (g)	2.58	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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