

MEXICAN FISH BURGER

with Kumara Fries & Smokey Aioli





Use Mexican seasoning to spice up your fish!



Kumara



Tomat



ucumber



White Fish



Mexican Fiesta Spice Blend



Burger Bun



Smokey Aioli

Pantry Staples: Olive Oil



Mixed Salad Leaves

Hands-on: 20 mins Ready in: 30 mins

Eat me first

Spicy (Mexican Fiesta spice blend) Bite into a flavour explosion with these feisty fish burgers. Our special Mexican seasoning will transform this catch of the day into a smokey fiesta for your mouth! Never fear, the addition of cooling cucumber, tomato and a side of kumara fries will be just the right thing to balance out that flavour kick.

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · large frying pan



Preheat the oven to 240°C/220°C fanforced. Cut the kumara (unpeeled) into 1cm
fries. *TIP: Cut the kumara to the correct
size so it cooks in the allocated time. Place the
kumara on an oven tray lined with baking
paper, drizzle with olive oil, season with
salt and pepper and toss to coat. Spread
out in a single layer and bake until golden,
20-25 minutes.



2 PREP THE VEGGIES
While the fries are baking, thinly slice the tomato and cucumber into rounds. Cut the white fish fillets in half widthways (so they fit on the burger buns).

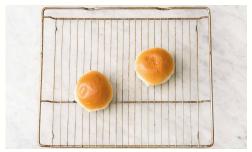


SEASON THE FISH
SPICY! The spice blend is hot, use less if you're sensitive to heat. Spread the Mexican Fiesta spice blend over a plate. Season with salt and pepper. Add the fish fillets to the spice mix, tossing to coat. Transfer to a separate plate.



When the fries have 10 minutes cook time remaining, heat a large frying pan with enough olive oil to coat the base of the pan over a medium-high heat. When the oil is hot, add the fish fillets and cook until golden and just cooked through, 1-2 minutes each side.

**TIP: Flip the fillets gently to prevent them breaking up in the pan. **TIP: The fish is cooked through when it turns from translucent to white. **TIP: Add extra oil if needed so the fish doesn't stick to the pan. Transfer to a plate lined with paper towel.



5 BAKE THE BURGER BUNS While the fish is cooking, place the burger buns directly onto the wire racks of the oven and bake until heated through, 3 minutes.



SERVE UP
Slice the burger buns in half. Build your burgers by spreading the base of the buns with smokey aioli. Top with the Mexican fish, the sliced tomato, cucumber and mixed salad leaves. Serve the kumara fries on the side.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
tomato	1	2
cucumber	1	2
white fish fillets	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
burger bun	2	4
smokey aioli	1 tub (50g)	1 tub (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3440kJ (821Cal)	650kJ (155Cal)
Protein (g)	40.8g	7.7g
Fat, total (g)	44.5g	8.4g
saturated (g)	6.7g	1.3g
Carbohydrate (g)	62.3g	11.8g
- sugars (g)	9.4g	1.8g
Sodium (g)	1350mg	255mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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