



MEXICAN FISH BURGER

with Kumara Fries & Smokey Aioli



Use Mexican seasoning to spice up your fish!



Kumara



Tomato



Cucumber



White Fish Fillets



Mexican Fiesta Spice Blend



Burger Bun



Smokey Aioli



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 smoky 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.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 BAKE THE KUMARA FRIES

Preheat the oven to **240°C/220°C fan-forced**. 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).



3 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.



4 COOK THE FISH

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**.



6 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!

2 | 4 PEOPLE 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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