



Peri Peri Spiced Basa and Kiwi-Coriander Salsa

with Sweet Potato Wedges and Steam-Fried Tenderstem®

Calorie Smart

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/peri-peri-spiced-basa-and-kiwi-coriander-salsa-406>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Lid, Pan, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	2	3	4
Kiwi (unit(s))	1	1½	2
Lime (unit(s))	1	1½	2
Coriander (bunch(es))	1	1	1
Garlic Clove (unit(s))	1	1½	2
Tenderstem® Broccoli (grams)	80	160	160
Basa Fillets (unit(s))	2	3	4
Peri Peri Seasoning (sachet(s))	1	1½	2
Sugar for the Salsa (tsp)	½	¾	1
Olive Oil for the Salsa (tbsp)	1	1½	2
Mayonnaise (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

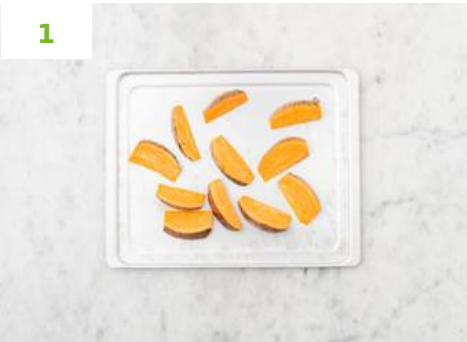
Nutritional values

Per serving	Amount
Energy (kJ)	2211 kJ
Energy (kcal)	528 kcal
Fat	11.9 g
of which saturates	2 g
Carbohydrate	66.8 g
of which sugars	23.6 g
Dietary Fibre	11.1 g
Protein	28.5 g
Salt	1.7 g

Allergens

Mustard, Milk, Wheat, Fish, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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.



Prep Time

Meanwhile, peel the **kiwi**, then cut into 1cm small chunks. Halve the **lime**. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways, then halve the **broccoli** widthways.



Make the Salsa

In a small bowl, combine the **kiwi**, **coriander**, **sugar** and **olive oil for the salsa** (see pantry for both amounts). Add in a good squeeze of **lime** and season with **salt** and **pepper**. Mix well and set aside for later.



Into the Oven

When the potatoes are just over halfway through roasting, pat the **basa** dry with kitchen paper. Lay the **fish** onto a lined baking tray. Drizzle with **oil**, sprinkle over the **peri peri seasoning** and season with **salt** and **pepper**. Rub to completely coat the **fish** in the **seasoning**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Stir-Fry the Veg

Bake the **fish** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Lower the heat and add the **garlic** and a splash of **water**. Cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.



Serve Up

When everything's ready, share the **spiced fish**, **wedges** and **broccoli** between your plates. Top the **fish** with the **kiwi salsa**. Serve with any remaining **lime** cut into wedges for squeezing over. Dollop the **mayonnaise** (see pantry for amount) on the side to finish.

Enjoy your meal!