



Mexican Spiced Fish & Kumara Fries

with Charred Corn Salsa & Smokey Aioli

Grab your Meal Kit with this symbol



Kumara



Tomato



Spring Onion



Lemon



Sweetcorn



Mexican Fiesta Spice Blend



White Fish Fillets



Smokey Aioli



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Spicy (Mexican Fiesta spice blend)



Eat me first

Mexican-spiced fish never fails to satisfy! Homemade salsa with warm charred corn and tomato tops a delicious spice coated fish fillet. Our side of easy kumara fries are the perfect accompaniment to this tasty dinner.

Pantry items

Olive Oil, Plain Flour

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
tomato	1	2
spring onion	1 bunch	1 bunch
lemon	½	1
sweetcorn	½ tin	1 tin
Mexican Fiesta spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
white fish fillets	1 packet	1 packet
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2330kJ (556Cal)	404kJ (97Cal)
Protein (g)	37.7g	6.5g
Fat, total (g)	21.0g	3.7g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	50.6g	8.8g
- sugars (g)	19.4g	3.4g
Sodium (g)	1020mg	177mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, finely chop the **tomato**. Thinly slice the **spring onion**. Slice the **lemon** (see **ingredients list**) into wedges. Drain the **sweetcorn** (see **ingredients list**).



3. Char the corn

Heat a medium frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

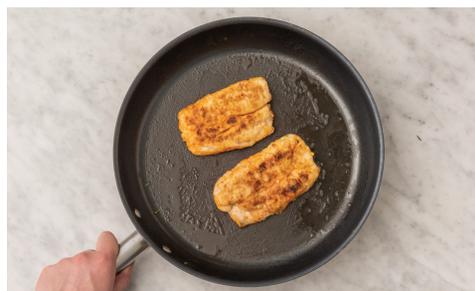
TIP: Cover the pan with a lid if the corn kernels are "popping" out.



4. Make the salsa

Add the **tomato**, a **pinch** of **spring onion** and a **generous squeeze** of **lemon juice** to the bowl with the charred **corn**. Season to taste with **salt** and **pepper** and toss to combine.

TIP: Omit the spring onion if you prefer.



5. Cook the fish

SPICY! The spice blend is hot, use less if you're sensitive to heat. When the fries have **10 minutes** cook time remaining, combine the **Mexican Fiesta spice blend** and **plain flour** on a plate. Press each **white fish fillet** into the **spice mixture**. Gently turn to coat both sides. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **fish** to the pan and cook until just cooked through, **2-3 minutes** each side.

TIP: The fish is cooked through when the centre turns from translucent to white.



6. Serve up

Divide the kumara fries and Mexican spiced fish between plates. Top the fish with the charred corn salsa and garnish with the remaining spring onion. Serve with the **smokey aioli**.

Enjoy!