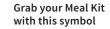
Crumbed Fish & Chips with Tartare Sauce & Garden Salad

















Cucumber

Radish







Aussie Spice Blend

Zesty Chilli

Gemfish Fillets



Panko Breadcrumbs





Mixed Salad Leaves

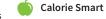


Tartare Sauce



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me First



It's a classic, it's a favourite for all, it's the answer to your cravings, a steaming plate of fish and chips. That's right we're trying our hand at this superstar dish, bringing it to your kitchen with a garlic and herb crumb for the gemfish fillets, a must-have side of chips, fresh salad and of course a tartare sauce. You won't be needing that takeaway menu anymore.

Pantry items Olive Oil, Plain Flour, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
lemon	1/2	1		
radish	2	3		
cucumber	1 (medium)	1 (large)		
gemfish fillets	1 packet	2 packets		
Aussie spice blend	1 medium sachet	1 large sachet		
plain flour*	1 tbs	2 tbs		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
zesty chilli salt	1 pinch	1 pinch		
mixed salad leaves	1 small bag	1 medium bag		
tartare sauce	1 medium packet	1 large packet		
chicken breast**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2365kJ (565Cal)	390kJ (93Cal)
Protein (g)	29.6g	4.9g
Fat, total (g)	19.5g	3.2g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	64.6g	10.6g
- sugars (g)	16.2g	2.7g
Sodium (mg)	970mg	160mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2644kJ (632Cal)	422kJ (101Cal)
Protein (g)	46.4g	7.4g
Fat, total (g)	19.5g	3.1g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	64.2g	10.2g
- sugars (g)	15.8g	2.5g
Sodium (mg)	960mg	153mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns **2023** | CW31





Bake the chips

- Preheat oven to 220°C/200°C fan-forced.
 Cut potato into chips, then place on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



Cook the fish

- When chips have 10 minutes remaining, heat
 a large frying pan over medium-high heat with
 enough olive oil to coat the base of pan.
- When oil is hot, cook crumbed fish until golden and cooked through, 5-6 minutes each side.
 Transfer to a paper towel-lined plate, then season with a pinch of zesty chilli salt.

TIP: Add extra oil if needed so the fish does not stick.
TIP: White fish is cooked through when the centre
turns from translucent to white.

Custom Recipe: Heat the pan in the same way as above. Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate, then sprinkle with zesty chilli salt.



Get prepped

- Meanwhile, cut lemon into wedges. Thinly slice the radish
- Thinly slice cucumber into rounds.
- Discard any liquid from gemfish fillet packaging. Slice fish in half crossways to get 1 piece per person.

Custom Recipe: If you've swapped to chicken breast, place chicken between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick.



Crumb the fish

- In a shallow bowl, combine Aussie spice blend and the plain flour. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Coat fish fillets first in flour mixture, followed by the egg and finally the breadcrumbs. Set aside on a plate.

Custom Recipe: Crumb the chicken in the same way as above.



Toss the salad

- While the fish is cooking, combine a good squeeze of lemon juice, a drizzle of olive oil and a pinch of salt in a medium bowl.
- Add radish, cucumber and mixed salad leaves and toss to coat.



Serve up

- Divide crumbed fish, chips and garden salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!

Rate your recipe