

Crumbed Fish & Chips

with Tartare Sauce & Garden Salad

Grab your Meal Kit with this symbol



Potato



Lemon



Radish



Cucumber



Gemfish Fillets



Aussie Spice Blend



Panko Breadcrumbs



Zesty Chilli Salt



Mixed Salad Leaves




Tartare Sauce



Chicken Breast

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

 Calorie Smart

 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	½	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



1



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**.

4



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.

2



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.

5



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.

3



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.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate