



Crumbed Fish & Chips

with Garden Salad & Tartare Sauce

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Zesty Chilli Salt



Tomato



Cucumber



Panko Breadcrumbs



Aussie Spice Blend



Smooth Dory Fillets



Spinach & Rocket Mix



Tartare Sauce



Smooth Dory Fillets

Prep in: 20-30 mins
Ready in: 25-35 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 dory fish 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, White Wine Vinegar

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
zesty chilli salt	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
smooth dory fillets	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
tartare sauce	1 medium packet	1 large packet
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	391kJ (93Cal)
Protein (g)	29.3g	5.1g
Fat, total (g)	17.4g	3g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	63.7g	11.1g
- sugars (g)	15.3g	2.7g
Sodium (mg)	925mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	382kJ (91Cal)
Protein (g)	45g	6.3g
Fat, total (g)	23.1g	3.2g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	64.2g	9g
- sugars (g)	15.7g	2.2g
Sodium (mg)	1034mg	145mg

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 | CW41



1



Bake the chips

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into chips, then place on a lined oven tray. Drizzle with **olive oil** and toss to coat. Bake until tender, **20-25 minutes**.
- Remove tray from oven, then add **zesty chilli salt** and toss to combine.
- While the chips are baking, roughly chop **tomato** and **cucumber**.

3



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.
- When oil is hot, cook **fish** in batches, until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your fish, cook in batches for the best results.

2



Crumb the fish

- In a shallow bowl, add the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Coat **fish fillets** in the **flour mixture**, followed by the **egg** and finally the **panko mixture**. Transfer to a plate.

Custom Recipe: If you've doubled your white fish, prepare as above.

4



Serve up

- In a medium bowl, combine tomato, cucumber, **spinach & rocket mix** and a drizzle of **white wine vinegar**. Season with salt.
- Divide crumbed fish and chips between plates.
- Serve with garden salad and **tartare sauce**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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