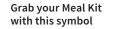
Quick Crumbed Fish & Chips with Tartare Sauce & Cucumber Salad

TAKEAWAY FAVES

















Cucumber





Gemfish Fillets

Panko Breadcrumbs





Garlic & Herb Seasoning

Mixed Salad Leaves





Tartare Sauce



Prep in: 20-30 mins Ready in: 25-35 mins

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 potato 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 | |
| cucumber | 1 (medium) | 1 (large) | |
| tomato | 1 | 2 | |
| gemfish fillets | 1 packet | 2 packets | |
| plain flour* | 1 tbs | 2 tbs | |
| egg* | 1 | 2 | |
| panko breadcrumbs | 1 medium packet | 1 large packet | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | |
| mixed salad leaves | 1 small bag | 1 medium bag | |
| tartare sauce | 1 large packet | 2 large packets | |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2793kJ (668Cal) | 452kJ (108Cal) |
| Protein (g) | 29.4g | 4.8g |
| Fat, total (g) | 30.2g | 4.9g |
| - saturated (g) | 3.6g | 0.6g |
| Carbohydrate (g) | 67.8g | 11g |
| - sugars (g) | 17.7g | 2.9g |
| Sodium (mg) | 933mg | 151mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3058kJ (731Cal) | 480kJ (115Cal) |
| Protein (g) | 46.8g | 7.3g |
| Fat, total (g) | 29.7g | 4.7g |
| - saturated (g) | 4.4g | 0.7g |
| Carbohydrate (g) | 68.2g | 10.7g |
| - sugars (g) | 17.3g | 2.7g |
| Sodium (mg) | 923mg | 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 | CW45





Bake the chips

- Preheat oven to 240°C/220°C fan-forced. Cut potato into chips.
- Place chips on a lined oven tray. Season with salt, drizzle with olive oil and toss to coat
- · Bake until tender, 20-25 minutes.



Cook the fish

- When the chips have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base of the pan.
- When oil is hot, cook crumbed fish until golden and cooked through,
 3-5 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the pan as above. Cook crumbed chicken in batches until golden and cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.



Get prepped

- Meanwhile, cut **lemon** into wedges. Roughly chop **cucumber** and **tomato**.
- Discard any liquid from gemfish fillet packaging. Slice fish in half crossways to get 1 piece per person.
- In a shallow bowl, combine the plain flour and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs and garlic & herb seasoning. Coat fish first in the flour, followed by the egg and finally the breadcrumbs. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Crumb the chicken in the same way as above.



Serve up

- In a large bowl, combine mixed salad leaves, tomato, cucumber, a squeeze
 of lemon juice and a drizzle of olive oil. Season with salt and pepper and toss
 to combine.
- Divide crumbed fish, chips and cucumber salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!

Rate your recipe

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