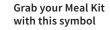
# Crumbed Fish & Chips with Tartare Sauce & Cucumber Salad

TAKEAWAY FAVES









Potato





Cucumber

Tomato





Hoki Fillets

Panko Breadcrumbs



Seasoning



Leaves





Tartare Sauce

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

_		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	1/2	1
tomato	1	2
cucumber	1 (medium)	1 (large)
hoki 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2790kJ (667Cal)	452kJ (108Cal)
Protein (g)	38.7g	6.3g
Fat, total (g)	26.1g	4.2g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	67.7g	11g
- sugars (g)	22.3g	3.6g
Sodium (mg)	913mg	148mg

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.



#### 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.



# Get prepped

- Meanwhile, cut **lemon** into wedges. Roughly chop **tomato** and **cucumber**.
- Discard any liquid from **hoki 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.



# 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.



# 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!

