

Crumbed Fish & Chips

with Tartare Sauce & Cucumber Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Lemon



Tomato



Cucumber



Hoki Fillets



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad 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	½	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

*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.

1



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**.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns



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