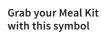


Crumbed Hoki & Veggie Fries with Avocado Salad & Herby Mayo

KID FRIENDLY

















Aussie Spice Blend









Mixed Salad Leaves





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

Eat Me First

Dive into a sea of flavour with our crumbed hoki and veggie fries, where crispy fish fillets and veggie fries take a dip in a pool of zesty excitement! Catch the delicious drift with a dollop of dill-parsley mayo, making every bite a tasty adventure that'll have your taste buds doing a happy dance.



Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

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

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	2 People	4 People			
olive oil*	refer to method	refer to method			
potato	1	2			
carrot	1	2			
beetroot	1	2			
avocado	1 (small)	1 (large)			
cucumber	1 (medium)	1 (large)			
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			
hoki fillets	1 packet	2 packets			
honey*	½ tsp	1 tsp			
vinegar* (white wine or balsamic)	drizzle	drizzle			
mixed salad leaves	1 small bag	1 large bag			
dill & parsley mayonnaise	1 medium packet	1 large packet			
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)	2898kJ (693Cal)	444kJ (106Cal)
Protein (g)	39.6g	6.1g
Fat, total (g)	32.1g	4.9g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	59.2g	9.1g
- sugars (g)	22.3g	3.4g
Sodium (mg)	918mg	141mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3156kJ (754Cal)	469kJ (112Cal)
Protein (g)	47.7g	7.1g
Fat, total (g)	35.6g	5.3g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	60g	8.9g
- sugars (g)	22.3g	3.3g
Sodium (mg)	929mg	138mg

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





Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato, carrot and beetroot into fries.
- Place **veggie fries** 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.



Get prepped

 Meanwhile, slice avocado in half, scoop out flesh and roughly chop. Slice cucumber into half-moons.



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.
- Slice hoki fillets in half crossways. Coat hoki first in flour mixture, 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 each chicken breast and slice through horizontally to make two thin steaks. Crumb as above.



Cook the fish

- When fries 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 crumbed hoki until golden and cooked through, 5-6 minutes each side.
 Season with salt, then transfer to a paper towel-lined plate.

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: In a large frying pan, heat enough olive oil to coat the base over mediumhigh heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.



Toss the salad

- While the fish is cooking, combine the honey, a pinch of salt and a drizzle of vinegar and olive oil in a medium bowl.
- Add avocado, cucumber and mixed salad leaves and toss to coat.



Serve up

- Divide crumbed hoki, veggie fries and avocado salad between plates.
- Serve with a dollop of dill & parsley mayonnaise. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate