



Crumbed Hoki & Veggie Fries

with Avocado Salad & Herby Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Avocado



Cucumber



Aussie Spice Blend



Panko Breadcrumbs



Hoki Fillets



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Eat Me First

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

	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

2024 | CW08



1



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**.

4



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 medium-high 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.

2



Get prepped

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

5



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.

3



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.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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