



# Quick Crumbed Fish & Zesty Cos Salad

with Dijon Mayonnaise

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cos Lettuce



Carrot



Cucumber



Lime



Smooth Dory



Aussie Spice Blend



Panko Breadcrumbs



Mayonnaise



Dijon Mustard

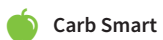


Grated Parmesan Cheese

### Recipe Update

We've replaced the radish in this recipe with courgette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Carb Smart

Eat Me First

Everything about this salad is fresh and pleasant. The crisp cos lettuce salad with a punch of sweetness from the carrot is ready to welcome crumbed fish to your table. The dijon mayo gives it that extra aromatic kick!

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

### 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cos lettuce	1 head	2 heads
carrot	1	2
cucumber	1 (medium)	1 (large)
lime	½	1
smooth dory	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
dijon mustard	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2024kJ (484Cal)	423kJ (101Cal)
Protein (g)	26.5g	5.5g
Fat, total (g)	25.5g	5.3g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	34.1g	7.1g
- sugars (g)	7.3g	1.5g
Sodium (mg)	1062mg	222mg
Dietary Fibre (g)	7.2g	1.5g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2229kJ (533Cal)	454kJ (109Cal)
Protein (g)	30.9g	6.3g
Fat, total (g)	28.9g	5.9g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	34.3g	7g
- sugars (g)	7.4g	1.5g
Sodium (mg)	1154mg	235mg
Dietary fibre	7.2g	1.5g

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](https://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 | CW10



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## Get prepped

- Roughly chop **cos lettuce**. Grate **carrot**. Using a vegetable peeler, peel **cucumber** into thin ribbons. Slice **lime** into wedges.
- Discard any **liquid** from **smooth dory** packaging. Slice **fish** in half crossways to get 1 piece per person.
- 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**.
- Gently dip **fish** first into **flour mixture** to coat, then into the **egg** and finally in **breadcrumbs**. Set aside on a plate.

3



## Toss the salad

- Meanwhile, combine a generous squeeze of **lime juice** and **olive oil** in a large bowl. Add **cos lettuce**, **carrot** and **cucumber** to the dressing. Toss to combine and season to taste.

2



## Cook the fish

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Cook **crumbed fish** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper-towel lined plate.

**TIP:** Add extra oil if needed so the crumbed fish does not stick to the pan.

4



## Serve up

- In a small bowl, combine **mayonnaise** and **dijon mustard**.
- Divide zesty cos salad and crumbed fish between bowls.
- Serve with dijon mayonnaise. Enjoy!

**Custom Recipe:** If you've added grated Parmesan cheese, sprinkle cheese over the salad and fish to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)