

# Crumbed Fish & Chips

with Dill-Parsley Mayo & Cucumber Salad

HELLOHERO

Grab your meal kit with this number

17



Potato



Lemon



Cucumber



Tomato



Hoki Fillets



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast



Grated Parmesan Cheese

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



Protein Rich



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 fish fillets, a must-have side of potato chips, fresh salad and of course a herby mayo. You won't be needing that takeaway menu anymore.

**Pantry items**

Olive Oil, Plain Flour, Egg

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
cucumber	1 (medium)	1 (large)
tomato	1	2
hoki fillets	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
dill & parsley mayonnaise	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (574cal)	276kJ (66cal)
Protein (g)	35.3g	4g
Fat, total (g)	27.1g	3.1g
- saturated (g)	13.1g	1.5g
Carbohydrate (g)	48g	5.5g
- sugars (g)	27.8g	3.2g
Sodium (mg)	762mg	87.4mg
Dietary Fibre (g)	9.4g	1.1g

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://www.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.
- 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 **cucumber** and **tomato**.
- 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 **dill & parsley mayonnaise** and remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



#### ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

