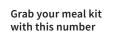


Crumbed Fish & Chips

with Dill-Parsley Mayo & Cucumber Salad

HELLOHERO

















Cucumber



Panko Breadcrumbs





Seasoning

Mixed Salad Leaves



Dill & Parsley Mayonnaise



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

Eat Me First



Protein Rich

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.



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
lemon	1/2	1	
cucumber	1 (medium)	1 (large)	
tomato	1	2	
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 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!







