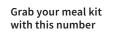


# Crumbed Fish & Chips

with Dill-Parsley Mayo & Cucumber Salad

HELLOHERO











Potato





Tomato

Cucumber





Hoki Fillets

Panko Breadcrumbs





Garlic & Herb Seasoning

Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast



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

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.



## 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
lemon	1/2	1	
tomato	1	2	
cucumber	1 (medium)	1 (large)	
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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3085kJ (737cal)	300kJ (72cal)
Protein (g)	39.5g	3.8g
Fat, total (g)	36g	3.5g
- saturated (g)	4.3g	0.4g
Carbohydrate (g)	64g	6.2g
- sugars (g)	22.8g	2.2g
Sodium (mg)	876mg	85.1mg
Dietary Fibre (g)	5.5g	0.5g

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 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.

TIP: If your oven tray is crowded, divide the chips between two trays.



#### 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 hoki** until golden and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

**TIP:** White fish is cooked through when the centre turns from translucent to

TIP: Add extra oil between batches if needed, so the fish doesn't stick to the pan.



#### **SWAP TO CHICKEN BREAST**

Follow crumbing method above, cooking until golden and cooked through, for 2-4 minutes each side.



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



## Get prepped

- Meanwhile, cut **lemon** into wedges. Roughly chop **tomato** and **cucumber**.
- Place your hand flat on top of hoki fillets and slice through horizontally to make two thin steaks.
- Pat hoki dry with paper towel and season both sides with salt and pepper.
- 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 **hoki** into **flour** to coat, followed by the **egg** and finally into 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!

