

Crumbed Fish & Chips

with Dill-Parsley Mayo & Cucumber Salad

HELLOHERO

Grab your meal kit with this number

17



Potato



Lemon



Tomato



Cucumber



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 |
|---------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| lemon | ½ | 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 | 1 medium packet | 1 large packet |
| breadcrumbs | | |
| 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) | 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.

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**.

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

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 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 white.

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

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



ADD GRATED PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.

2



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.

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

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

