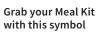
Crumbed Fish & Chips

with Garden Salad & Tartare Sauce

NEW













Potato





Tomato

Cucumber



Aussie Spice

Panko Breadcrumbs

Blend



Spinach & Rocket



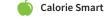
Tartare Sauce

Smooth Dory Fillets



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 dory fish fillets, a must-have side of fries, fresh salad and of course a tartare sauce. You won't be needing that takeaway menu anymore.



Olive Oil, Plain Flour, Egg, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zesty chilli salt	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
smooth dory fillets	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
tartare sauce	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2300kJ (550Cal)	399kJ (95Cal)
Protein (g)	29.4g	5.1g
Fat, total (g)	19.4g	3.4g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	62.7g	10.9g
- sugars (g)	15.9g	2.8g
Sodium (mg)	1005mg	174mg
Custom Pacina		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2579kJ (616Cal)	432kJ (103Cal)
Protein (g)	46.2g	7.7g
Fat, total (g)	19.4g	3.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	62.3g	10.4g
- sugars (g)	15.5g	2.6g
Sodium (mg)	994mg	166mg

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.

We're here to help!

Scan here if you have any questions or concerns
2022 | CW50





Bake the chips & get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into chips, then place on a lined oven tray. Drizzle with olive oil
 and toss to coat. Bake until tender. 20-25 minutes.
- Remove tray from oven, then add **zesty chilli salt** and toss to combine.
- While the chips are baking, roughly chop tomato and cucumber.



Cook the fish

- When chips have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base of pan.
- When oil is hot, cook fish in batches, until just cooked through, 5-6 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the pan as above. Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



Crumb the fish

- In a shallow bowl, add the plain flour. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs and Aussie spice blend.
- Discard any liquid from smooth dory fillet packaging. Slice fish in half crossways to get 1 steak per person.
- Coat fish fillets in the flour mixture, followed by the egg and finally the panko mixture. Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick. Crumb chicken in the same way as above.



Serve up

- In a medium bowl, combine tomato, cucumber, spinach & rocket mix and a drizzle of white wine vinegar. Season with salt.
- Divide crumbed fish and chips between plates. Serve with garden salad and tartare sauce. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate