

Crumbed Fish & Kumara Chips

with Tartare Sauce & Cucumber Salad

Grab your Meal Kit with this symbol



Kumara



Lemon



Apple



Cucumber



Mayonnaise



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Tartare Sauce



Smooth Dory Fillets

Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with apple, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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 kumara chips, fresh salad and of course a tartare sauce. You won't be needing that takeaway menu anymore.

Pantry items

Olive Oil

Before you start

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

You'll also need to give your fruit and veggies a wash.

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
kumara	2 (medium)	2 (large)
lemon	½	1
apple	1	2
cucumber	1 (medium)	1 (large)
smooth dory fillets	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
panko breadcrumbs	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
mixed salad leaves	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	470kJ (112Cal)
Protein (g)	23.7g	4g
Fat, total (g)	31.8g	5.4g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	67.2g	11.4g
- sugars (g)	20.4g	3.5g
Sodium (mg)	1021mg	173mg

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 kumara chips

- Preheat oven to **240°C/220°C fan-forced**.
- Peel and cut **kumara** into fries.
- Place **kumara fries** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- Spread out evenly, then 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, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Gently flip the fish to ensure it does not fall apart, adding extra oil if needed.

TIP: The fish is cooked through when the centre turns from translucent to white.

2



Get prepped

- Meanwhile, cut **lemon** into wedges. Roughly chop **apple** and **cucumber**.
- Discard any **liquid** from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a shallow bowl, combine **mayonnaise** and **fish fillets**.
- In a second shallow bowl, combine **panko breadcrumbs** and **garlic & herb seasoning**.
- Coat **fish fillets** in **garlic-herb panko**, then transfer to a plate.

4



Serve up

- In a large bowl, combine **mixed salad leaves**, apple, cucumber, a squeeze of lemon juice and a drizzle of olive oil. Season and toss to combine.
- Divide crumbed fish, kumara chips and tomato salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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