



Dill & Parmesan Crumbed Fish

with Lemon Pepper Kumara Wedges

Grab your Meal Kit with this symbol



Kumara



Lemon Pepper Spice Blend



Tomato



Dill



Panko Bread crumbs



Grated Parmesan Cheese



White Fish Fillets



Mixed Salad Leaves



Mayonnaise

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me first

This dish has stepped it up a notch and transformed the idea of classic fish and chips with tender fish fillets coated in a crunchy dill-Parmesan crumb. With a side of lemon pepper-spiced kumara wedges and a refreshing salad - it really doesn't get any better than this.

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic 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 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 pepper spice blend	1 sachet	2 sachets
tomato	2	4
dill	1 bunch	1 bunch
plain flour*	4 tsp	2½ tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
white fish fillets	1 packet	1 packet
balsamic vinegar*	2 tsp	4 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2640kJ (631Cal)	432kJ (103Cal)
Protein (g)	47.4g	7.8g
Fat, total (g)	21.9g	3.6g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	56.4g	9.2g
- sugars (g)	16.8g	2.7g
Sodium (g)	1150mg	188mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the **kumara** wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle over the **lemon pepper spice blend**, season with a **pinch** of **pepper** and toss to coat. Roast on the top oven rack until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time.



2. Get prepped

While the wedges are baking, roughly chop the **tomato**. Pick and finely chop the **dill** leaves.



3. Crumb the fish

In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients list), **dill** and **grated Parmesan cheese**. Season with a **pinch** of **salt** and **pepper**. Dip the **white fish fillets** into the seasoned **flour**, followed by the **egg** and finally into the **panko-Parmesan mixture**. Set aside on a plate.



4. Cook the fish

When the wedges have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **fish** and cook until golden and just cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the fish doesn't stick.

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



5. Make the salad

While the fish is cooking, combine **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and the **balsamic vinegar** in a medium bowl. Add the **mixed salad leaves** and **tomato** and season with a **pinch** of **pepper**. Toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the dill and Parmesan crumbed fish, lemon pepper kumara wedges and salad between plates. Serve with **mayonnaise**.

Enjoy!