



Lemon Pepper Crumbed Fish

with Chips & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Tomato



Lemon



Lemon Pepper Spice Blend



Panko Breadcrumbs



White Fish Fillets



Mixed Salad Leaves



Garlic Aioli

Hands-on: 20-30 mins
Ready in: 30-40 mins

Low Calorie

Eat me first

We can all agree that fish and chips is a combo adored by all. Well, this dish has stepped it up a notch with tender white fish fillets, coated in a crunchy lemon-pepper panko crumb. With a side of baked chips and a refreshing salad - it really doesn't get any better than this.

Pantry items

Olive Oil, Plain Flour, Milk

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
potato	2	4
tomato	1	2
lemon	½	1
plain flour*	4 tsp	2½ tbs
salt*	¼ tsp	½ tsp
lemon pepper spice blend	2 sachets	4 sachets
milk*	1½ tbs	3 tbs
panko breadcrumbs	½ packet	1 packet
white fish fillets	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2300kJ (549Cal)	454kJ (108Cal)
Protein (g)	36.5g	7.2g
Fat, total (g)	22.0g	4.4g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	48.3g	9.5g
- sugars (g)	7.1g	1.4g
Sodium (mg)	1080mg	212mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top shelf of the oven until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2. Get prepped

While the chips are baking, roughly chop the **tomato**. Slice the **lemon** (see ingredients list) into wedges. In a medium bowl, combine a **generous squeeze** of **lemon juice**, **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper**. Set aside.



3. Crumb the fish

In a shallow bowl, combine the **plain flour**, the **salt** and **lemon pepper spice blend**. In a second shallow bowl, add the **milk**. In a third shallow bowl, place the **panko breadcrumbs** (see ingredients list). Dip the **white fish fillets** into the **flour mixture**, followed by the **milk**, and finally in the **panko breadcrumbs**. Set aside on a plate.



4. Cook the fish

When the chips 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 to the pan.

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



5. Make the salad

Just before serving, add the **mixed salad leaves** and **tomato** to the medium bowl with the **lemon dressing**. Toss to coat.



6. Serve up

Divide the lemon pepper crumbed fish, chips and salad between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

Enjoy!