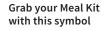


Quick Crumbed Fish & Chips with Tartare Sauce & Cucumber Salad

NEW









Potato





Cucumber



Panko Breadcrumbs



Mayonnaise



Garlic & Herb Seasoning



Tartare Sauce

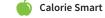


Mixed Salad

Leaves

Smooth Dory

Prep in: 20-30 mins Ready in: 25-35 mins



It's a classic, it's a favourite for all, it's the answer to your cravings, a hot and crispy plate of fish and chips. 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 needed that takeaway menu anymore.



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

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	3	6
lemon	1/2	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)	2710kJ (648Cal)	460kJ (110Cal)
Protein (g)	25.3g	4.3g
Fat, total (g)	31.7g	5.4g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	63.3g	10.7g
- sugars (g)	17.6g	3g
Sodium (mg)	962mg	163mg

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.



Bake the chips

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Place fries 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 between two trays.



Cook the fish

- When the fries have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base of the pan.
- 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 doesn't fall apart, adding extra oil if needed. **TIP:** The fish is cooked through when the centre turns from translucent to white.



Get prepped

- Meanwhile, cut lemon into wedges. Thinly slice apple. Roughly chop cucumber.
- Discard any liquid from smooth dory fillet packaging. Slice fish in half crossways to get 1 steak 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** in the **panko mixture**, then transfer to a plate.



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, chips and cucumber salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!



