



Quick Crumbed Fish & Chips

with Tartare Sauce & Cucumber Salad

NEW

Grab your Meal Kit with this symbol



Potato



Lemon



Apple



Cucumber



Mayonnaise



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Tartare Sauce



Smooth Dory Fillets

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

Calorie Smart

Eat Me First

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 need 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
potato	3	6
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)	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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW48



1



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.

3



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.

2



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.

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

Rate your recipe

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