



Quick Crumbed Fish & Chips

with Tartare Sauce & Cucumber Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Lemon



Cucumber



Tomato



Gemfish Fillets



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Tartare Sauce



Chicken Breast

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 gemfish fillets, a must-have side of potato chips, fresh salad and of course a tartare sauce. You won't be needing that takeaway menu anymore.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
lemon	½	1
cucumber	1 (medium)	1 (large)
tomato	1	2
gemfish fillets	1 packet	2 packets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
mixed salad leaves	1 small bag	1 medium bag
tartare sauce	1 large packet	2 large packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2793kJ (668Cal)	452kJ (108Cal)
Protein (g)	29.4g	4.8g
Fat, total (g)	30.2g	4.9g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	67.8g	11g
- sugars (g)	17.7g	2.9g
Sodium (mg)	933mg	151mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3058kJ (731Cal)	480kJ (115Cal)
Protein (g)	46.8g	7.3g
Fat, total (g)	29.7g	4.7g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	68.2g	10.7g
- sugars (g)	17.3g	2.7g
Sodium (mg)	923mg	145mg

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

2023 | CW45



1



Bake the chips

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into chips.
- Place **chips** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- 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 of the pan.
- When oil is hot, cook **crumbed fish** until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the pan as above. Cook crumbed chicken in batches until golden and cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.

2



Get prepped

- Meanwhile, cut **lemon** into wedges. Roughly chop **cucumber** and **tomato**.
- Discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **garlic & herb seasoning**. Coat **fish** first in the **flour**, followed by the **egg** and finally the **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Crumb the chicken in the same way as above.

4



Serve up

- In a large bowl, combine **mixed salad leaves**, tomato, cucumber, a squeeze of lemon juice and a drizzle of olive oil. Season with salt and pepper 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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