

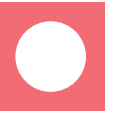


# Crumbed Fish & Chips

with Tartare Sauce & Avocado Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Lemon



Avocado



Cucumber



Hoki Fillets



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Tartare Sauce

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 white fish 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.

### 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
avocado	1 (small)	1 (large)
cucumber	1 (medium)	1 (large)
hoki fillets	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3300kJ (789Cal)	526kJ (126Cal)
Protein (g)	39.5g	6.3g
Fat, total (g)	39.7g	6.3g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	66.2g	10.5g
- sugars (g)	21g	3.3g
Sodium (mg)	917mg	146mg

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](https://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 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.

2



## Get prepped

- Meanwhile, cut **lemon** into wedges. Slice **avocado** in half, scoop out flesh and roughly chop. Roughly chop **cucumber**.
- Discard any **liquid** from **hoki 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.

4



## Serve up

- In a large bowl, combine **mixed salad leaves**, avocado, 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 avocado salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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