



Crumbed Fish & Chips

with Tartare Sauce & Garden Salad

NEW

Grab your Meal Kit with this symbol



Potato



Lemon



Tomato



Cucumber



Aussie Spice Blend



Panko Breadcrumbs



Zesty Chilli Salt



Mixed Salad Leaves



Tartare Sauce



Smooth Dory Fillets



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

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 dory fish fillets, a must-have side of 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

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
lemon	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
smooth dory fillets	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	½ large packet	1 large packet
zesty chilli salt	pinch	pinch
mixed salad leaves	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2352kJ (562Cal)	378kJ (90Cal)
Protein (g)	29.7g	4.8g
Fat, total (g)	19.5g	3.1g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	63.6g	10.2g
- sugars (g)	16.7g	2.7g
Sodium (mg)	1014mg	163mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	410kJ (98Cal)
Protein (g)	46.5g	7.2g
Fat, total (g)	19.4g	3g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	63.2g	9.8g
- sugars (g)	16.3g	2.5g
Sodium (mg)	1003mg	156mg

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



Bake the chips

- Preheat oven to **220°C/200°C fan-forced**. Peel **potato** and cut into chips.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.



Cook the fish

- When chips have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of 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 and season with a pinch of **zesty chilli salt**.

TIP: If your pan is getting crowded, cook in batches for the best results!

TIP: Add extra oil if needed so the fish does not stick.

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

Custom Recipe: Heat the pan in the same way as above. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



Get prepped

- Meanwhile, cut **lemon** and **tomato** into wedges.
- Thinly slice **cucumber** into rounds.
- Discard any liquid from **smooth dory fillets** packaging. Slice **fish** in half crossways to get 1 steak per person.

Custom Recipe: If you've swapped to chicken, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick.



Toss the salad

- While the fish is cooking, in a medium bowl, combine a good squeeze of **lemon juice**, a drizzle of **olive oil** and a pinch of **salt**.
- Add **tomato**, **cucumber** and **mixed salad leaves** and toss to coat.



Crumb the fish

- In a shallow bowl, combine **Aussie spice blend** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** (see ingredients).
- Dip **white fish** into **flour mixture**, followed by the **egg** and finally in the **breadcrumbs**. Set aside on a plate.

Custom Recipe: Prepare crumbing station as above and dip chicken into flour mixture, followed by the egg, and finally in panko breadcrumbs. Set aside on a plate.



Serve up

- Divide crumbed fish, chips and garden salad between plates.
- Serve with **tartare sauce** and remaining lemon wedges. Enjoy!

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