



# Fish and Chips

with Zesty Garlic Mayo and Mixed Leaf Salad

Classic 40 Minutes

4



Potatoes



Garlic Clove



Flat Leaf Parsley



Lemon



Panko Breadcrumbs



Sea Bass Fillets



Mayonnaise



Premium Baby Leaf Mix

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Baking Tray, Aluminum Foil, Baking Paper.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Panko Bread crumbs <b>13)</b>	25g	35g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Sea Bass Fillets**	2	3	4
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Premium Baby Leaf Mix**	50g	75g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	2201 / 526	490 / 117
Fat (g)	25	6
Sat. Fat (g)	4	1
Carbohydrate (g)	54	12
Sugars (g)	5	1
Protein (g)	24	5
Salt (g)	0.82	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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1



## Cook the Chips

Preheat your oven to 200°C. Chop the **potatoes** into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

**TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.

2



## Prep

Peel the **garlic**, pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add to the **chips** baking tray and roast until soft, 10-12 mins. Meanwhile, roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**. Pop the **breadcrumbs** in a small bowl with **half** the **parsley** and **half** the **lemon zest**. Add the **oil for the crumb** (see ingredients for amount) and mix to combine.

3



## Bake the Fish

Lay the **sea bream**, skin-side down, onto a baking tray lined with baking paper. Spoon a **third** of the **mayonnaise** over the flesh of the **fish** and spread evenly, covering the top. Spoon the **breadcrumb mixture** on top of the **mayonnaise**. Press it down with a spoon. **IMPORTANT:** Wash your hands and equipment after handling raw fish. When the oven is hot, bake the **fish** on the middle shelf until the crumbs are golden and the fish is cooked, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

4



## Make the Mayo

Once the **garlic** is cooked, remove from the foil and mash with a fork. Pop it into a small bowl. Add the remaining **mayo**, **parsley** and **lemon zest**. Season with **salt** and **pepper**, then mix to combine.

5



## Mix the Dressing

Squeeze **half** the **lemon juice** into a large bowl. Add the **oil for the dressing** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar**, then mix to combine. Cut the remaining **lemon** into **wedges**.

6



## Serve

Once everything is cooked, add the **baby leaves** to the **dressing** and toss to coat. Divide the **fish** between your plates with the **chips**, **salad** and **zesty garlic mayo** alongside. Serve with the **lemon wedges** for squeezing over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.