



Fish and Double-Cooked Salt & Vinegar Chips with Buttery Minted Peas and Tartare Sauce

Premium 40-45 Minutes

33



Potatoes



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Red Onion



Garlic Clove



Mint



Unsalted Butter



Peas



Cider Vinegar

Pantry Items

Olive Oil, Plain Flour

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, zester, bowl, colander, baking paper, garlic press and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	25g	50g	50g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	8g	12g	24g
Capers**	30g	45g	60g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** 4)	2	3	4
Red Onion**	½	1	1
Garlic Clove**	1	1	2
Mint**	½ bunch	½ bunch	1 bunch
Unsalted Butter** 7)	30g	30g	60g
Peas**	120g	180g	240g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	525g	100g
Energy (kJ/kcal)	2810 /672	535 /128
Fat (g)	35	7
Sat. Fat (g)	12	2
Carbohydrate (g)	66	13
Sugars (g)	8	2
Protein (g)	27	5
Salt (g)	1.12	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chop Chop

Preheat your oven to 220°C. Boil a full kettle. Pour just enough **oil** into a deep baking tray to cover the bottom and pop in the oven. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pour the **boiling water** into a large saucepan on high heat with **½ tsp salt**. Boil the **potatoes** for 7-8 mins or until the edges are soft.



Cook the Fish

Lay the **sea bass**, skin-side down, onto a baking tray lined with baking paper. Spread the remaining **mayonnaise** over the top of each **fillet**, then spoon the **breadcrumb mixture** on top, pressing it down with a spoon. Drizzle with **oil**, then set aside until the **chips** are halfway through cooking. Then, bake the **fish** on the middle shelf of the oven until golden, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



Cook the Chips

Meanwhile, zest and halve the **lemon**. Finely chop the **parsley** (stalks and all) and put **half** in a medium bowl with the **lemon zest**, **breadcrumbs** and **oil for the breadcrumbs** (see ingredients for amount). Season with **salt** and **pepper**, then set aside. Once the **potatoes** are ready, drain in a colander, season with **salt** and sprinkle on the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray in a single layer, turning in the **oil**. Roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Make the Peas

Meanwhile, halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). When roughly 5 mins of cooking time remain, add the **butter** to a large frying pan on medium-high heat. When the **butter** has melted, add the **onion** and cook until softened, 3-4 mins. Add the **garlic** and **peas**, then stir-fry for 2-3 mins. Season with **salt** and **pepper**, stir through the **mint**, then take off the heat.



Make the Tartare Sauce

While the **chips** cook, finely chop the **capers**. Put them into a small bowl with the remaining **parsley** and **three quarters** of the **mayo**. Mix together, then season to taste with **salt**, **pepper** and **lemon juice**. Cut any remaining **lemon** into wedges.



Finish and Serve

When everything is ready, serve the **fish** with the **chips** and **buttery minted peas** alongside. Sprinkle the **vinegar** over the **chips** and season with more **salt** if you'd like. Serve with a dollop of **tartare sauce** and the **lemon wedges** for squeezing over.

Enjoy!