



# Fish and Twice Cooked Chips with Tartare Sauce and Avocado Salad

Limited Edition 45 Minutes • 1 of your 5 a day

N° 31



Potato



Plain Flour



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Avocado



Pea Shoots

## Before you start

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

## Cooking tools, you will need:

Kettle, Baking Tray, Baking Paper, Saucepan with Lid, Colander, Zester, Bowl, Measuring Spoon.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Plain Flour <b>13)</b>	8g	12g	16g
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko			
Breadcrumbs <b>13)</b>	25g	50g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsps	2 tbsps
Capers	30g	45g	60g
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Sea Bass Fillets <b>4)**</b>	2	3	4
Avocado**	1	2	2
Olive Oil for the Dressing*	1 tbsp	1½ tbsps	2 tbsps
Pea Shoots**	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	2875 /687	550 /131
Fat (g)	41	8
Sat. Fat (g)	7	1
Carbohydrate (g)	57	11
Sugars (g)	3	1
Protein (g)	26	5
Salt (g)	1.11	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**4) Fish 8) Egg 9) Mustard 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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HelloFresh UK

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## 1 Prep the Chips

Fill and boil your kettle and preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop onto the top shelf of your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Chop the **potatoes** into 2cm wide **chips** (no need to peel). Carefully add the **potatoes** to the boiling **water** and cook for 4-6 mins or until the edges have softened when you poke them with a knife.



## 2 Cook the Chips

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour**. Pop a lid on the pan and give your pan a gentle shake to coat the **potatoes**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** into it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through.



## 3 Make the Tartare Sauce

Zest and halve the **lemon**. Finely chop the **parsley** (stalks and all) and put **half** of it in a bowl with the **lemon zest**. Add the **panko breadcrumbs** and **oil** (see ingredients for amount), season with **salt** and **pepper**. Set aside - this is for the **fish**. Finely chop the **capers** and put into another bowl with three quarters of the **mayo** and the remaining **parsley**. Mix together, season with **salt** and **pepper** to taste.



## 4 Cook the Fish

Lay the **sea bass** skin-side down on a baking tray lined with baking paper. Divide the remaining **mayonnaise** between the flesh of the **fish** and spread over the **fish** evenly. Spoon the **breadcrumb mixture** on top and press it down with a spoon. Drizzle with **oil**, set aside and when the **chips** are about halfway through cooking, bake the **fish** on the middle shelf of the oven until the **crumbs** are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands after handling raw fish. **IMPORTANT:** The fish is cooked when opaque in the middle.



## 5 Prep the Salad

Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in **half**. Twist each **half** and pull it apart. Remove the stone then scoop out the flesh onto a board, chop into 2cm chunks and pop into a large bowl. Squeeze in **half** the **lemon juice**, add the **oil** (see ingredients for amount), season with **salt** and **pepper**, and a pinch of **sugar**, stir to combine.



## 6 Finish and Serve

When everything is ready, add the **pea shoots** to the **dressing**, toss to coat. Season the **chips** with **salt** and **pepper**. Serve the **fish** with the **chips**, a dollop of **tartare sauce** and a **lemon wedge**. Pop the **salad** on the side.

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.