



Fish and Twice-Cooked Chips

with Homemade Tartare Sauce and Avocado Pea Shoot Salad

33

Premium 45-50 Minutes



-  Potatoes
-  Lemon
-  Flat Leaf Parsley
-  Panko Breadcrumbs
-  Capers
-  Mayonnaise
-  Sea Bass Fillets
-  Avocado
-  Pea Shoots

Pantry Items
Oil, Salt, Pepper, Plain Flour, Olive Oil

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, colander, bowl, baking paper and kitchen paper.

Ingredients

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
Capers**	30g	45g	60g
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** 4	2	3	4
Avocado	1	2	2
Pea Shoots**	40g	60g	80g
Pantry	2P	3P	4P
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 514g	Per 100g 100g
Energy (kJ/kcal)	2914 /697	567 /136
Fat (g)	40.5	7.9
Sat. Fat (g)	7	1.4
Carbohydrate (g)	60.5	11.8
Sugars (g)	4	0.8
Protein (g)	26	5.1
Salt (g)	1.12	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **8)** Egg **9)** Mustard **13)** Cereals containing gluten

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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Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.

Pour enough **oil** into a deep baking tray to cover the bottom and pop into 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.



Bake the Fish

Lay the **sea bass**, skin-side down, onto a lined baking tray.

Spread the remaining **mayonnaise** over the **fish** and spoon the **breadcrumb mixture** on top, pressing it down to coat well.

Halfway through the **chips'** cooking time, bake the **fish** on the middle shelf of your oven for 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

When ready, drain the **potatoes** 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**.

Bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Prep your Salad

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh onto a board, then chop into 2cm chunks.

Pop the **avocado** into a large bowl. Squeeze in **half** the **lemon juice**, then mix in the **olive oil for the dressing** (see ingredients for amount).

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then stir well to combine. Cut the remaining **lemon** into **wedges**.



Crumb and Sauce Time

Meanwhile, zest and halve the **lemon**. Finely chop the **parsley** (stalks and all).

In a small bowl, combine **half** the **parsley** with the **lemon zest**, **panko breadcrumbs** and **olive oil for the crumb** (see ingredients for amount). Season with **salt** and **pepper**, then set the **crumb** aside.

Finely chop the **capers** and pop them into another bowl with the remaining **parsley** and **three quarters** of the **mayo**. Mix together, then season to taste. Set your **tartare sauce** aside.



Finish and Serve

Once the **chips** are cooked, transfer them to a plate lined with kitchen paper to drain. Season with **salt** and **pepper**.

When everything is ready, add the **pea shoots** and **avocado** to the **dressing**, then toss to coat.

Serve the **fish** with the **chips**, **salad**, a dollop of **tartare sauce** and a **lemon wedge** alongside.

Enjoy!