



# Indian-Spiced Battered Fish and Chips

with Crispy Wedges and Sugar Snap Peas

**STREET FOOD** 40 Minutes • Little Heat

N° 18



Potato



Echalion Shallot



Garlic Clove



Coriander



Lime



Plain Flour



Turmeric



North Indian Style Curry Powder



Mayonnaise



Cod Fillet



Sugar Snap Peas



Mustard Seeds



Mango Chutney



## Before you start

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

### Basic cooking tools you will need:

Two Baking Tray, Large Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Colander.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 small & 1 large pack	2 large packs
Echalion Shallot**	½	1	1
Garlic Clove**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime	1	1	1
Plain Flour <b>13</b>	48g	72g	96g
Water for the Batter*	2 tbsp	3 tbsp	4 tbsp
Turmeric	1 pot	1½ pots	2 pots
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mayonnaise <b>8</b> <b>9</b> **	2 sachets	3 sachets	4 sachets
Cod Fillet <b>4</b> **	2	3	4
Sugar Snap Peas**	1 pack	1½ packs	2 packs
Mustard Seeds <b>9</b>	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	662g	100g
Energy (kJ/kcal)	2828 /676	427 /102
Fat (g)	20	3
Sat. Fat (g)	2	1
Carbohydrate (g)	95	14
Sugars (g)	16	2
Protein (g)	31	5
Salt (g)	0.78	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**4)** Fish **8)** Egg **9)** Mustard **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Start the Potatoes

Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray, pop in your oven. Bring a large saucepan of **water** to the boil on high heat with a pinch of **salt**. Chop the **potatoes** into 2cm wide wedges (no need to peel). Add the **potatoes** to the boiling **water**, cook until the edges have softened when you poke them with a knife, 5-6 mins. Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## 4. Batter the Fish

Meanwhile, add a glug of **oil** to another baking tray, pop in your oven. Put the remaining **flour** on a plate, add a pinch of **salt** and **pepper** and mix to combine. Add the **fish** and turn to coat fully in the **flour**. Then transfer to the bowl with the **batter** (one fillet at a time). Use your hands to spread the **batter** all over the **fish** on both sides. Take your hot baking tray out of your oven, carefully transfer the **fillets** onto the tray. Repeat for the other **fillet(s)**. **IMPORTANT:** Wash your hands after handling raw fish.



## 2. Make the Spiced Batter

Finely chop the **coriander** (stalks and all). Chop the **lime** into wedges. Put **half** the **flour** in a bowl. Add the **water** (see ingredient list for amount), **half** the **turmeric** and all the **curry powder** (add less if you don't like spice). Season with **salt** and **pepper**. Mix together with a fork (it will still be very thick). Add the **mayo** and **half** the **coriander**, mix again until it has formed a thick paste.



## 5. Bake the Fish

When the **potatoes** are halfway through cooking, add the **fish** to the middle shelf of the oven. Drizzle the **fish** with **oil** cook until the **batter** is crisp and the **fish** cooked, 18-20 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. Get your washing up done, then heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **shallot** and stir-fry until softened, 2-4 mins.



## 3. Roast the Wedges

Once the **potatoes** are ready, drain in a colander, pop back into the pan and sprinkle on the remaining **turmeric** and **half** the remaining **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **wedges** on the top shelf of your oven until crispy, 30-35 mins. Turn halfway through.



## 6. Finish and Serve

Add the **sugar snap peas** to the **shallots**, season with **salt** and **pepper** and stir-fry until the **sugar snaps** are tender too, 3-4 mins. Add the **garlic** and **mustard seeds** and cook for 1 minute more, then remove from the heat and squeeze in some **lime**. Serve the **fish** with the **chips** and **sugar snaps** on the side. Add a dollop of **mango chutney** to dip your **chips** in and sprinkle over the **coriander**. Serve with any leftover **lime wedges**.

Enjoy!