



PERI PERI GIANT FISH FINGERS

with Wedges and Zesty Salad



HELLO LEMON

The lemon is a two-step hybrid of a lime, citron and pomelo!



Potato



Lemon



Panko Breadcrumbs



Peri Peri Seasoning



Cod



Mayonnaise



Honey



Premium Tomato Mix



Baby Leaf Mix



Ketchup

MEAL BAG

35 mins

Family Box

1 of your 5 a day

Little heat

We've given a much-loved childhood favourite a fresh twist for a weeknight recipe everyone will love. The cod fillets are coated in a crunchy mix of panko breadcrumbs, lemon zest, peri peri seasoning and baked until the crumbs are golden, before being served up with chunky potato wedges and a simple tomato salad.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, a **Fine Grater** and some **Baking Paper**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel). Pop them on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden brown, 25-30 mins. Turn halfway through cooking.



2 MAKE THE CRUMB

Zest and halve the **lemon**. Put the **panko breadcrumbs** in a bowl and add the **lemon zest**, a pinch of **salt** and **pepper** and the **peri peri seasoning** (add less if you don't like heat). Pour in the **oil** (see ingredient list for amount) and mix together.



3 PREP THE FISH

Line another baking tray with baking paper and lay the **cod** on top. Put a tsp of **mayonnaise** on each **cod fillet** and spread out to coat it. Discard any remaining **mayonnaise**. Divide the **crumbs** evenly between the tops of the **fish fillets** and press down so they are nicely stuck to the **fish**.



4 COOK THE FISH

When the **wedges** have been in your oven for 15 mins, put the **fish** on the middle shelf to bake until the **crumbs** are golden and the **fish** is cooked, 12-15 mins. **! IMPORTANT: The fish is cooked when opaque in the middle.**



5 SALAD TIME

Meanwhile, squeeze the **lemon juice** into a large bowl and add the **honey**, **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Halve the **tomatoes**, pop them in the bowl with the **dressing** and add the **salad leaves**, gently toss together. Leave to one side. When the **wedges** and **fish** are cooked, add the **baby leaves** to the **dressing** and toss to coat.



6 FINISH AND SERVE

When the **fish** is ready, it's time to dish up! Carefully remove the **fish** from the tray and place onto your plates, share out the **wedges** and serve the **salad** on the side. Add a dollop of **ketchup**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Lemon *	1	1	1
Panko Breadcrumbs 13)	30g	40g	50g
Peri Peri Seasoning	½ pot	¾ pot	1 pot
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp
Cod 4)*	2	3	4
Mayonnaise 8) 9)*	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Premium Tomato Mix	1 small punnet	1 large punnet	1 large punnet
Baby Leaf Mix *	1 bag	1 bag	2 bags
Ketchup 10)	1 sachet	2 sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G
Energy (KJ/ kcal)	2663 / 637	483 / 116
Fat (g)	25	4
Sat. Fat (g)	3	1
Carbohydrate (g)	73	13
Sugars (g)	17	3
Protein (g)	29	5
Salt (g)	0.98	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 8) Egg 9) Mustard 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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