



# Ultimate Fish and Chips

with Tartare Sauce and Crushed Minted Peas

Ultimate 45 Minutes • 1 of your 5 a day

35



Potatoes



Lemon



Flat Leaf Parsley



Panko Bread crumbs



Capers



Mayonnaise



Cod



Garlic Clove



Mint



Unsalted Butter



Peas

## 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	1600g
Lemon**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs <b>13</b>	25g	37g	50g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	8g	12g	24g
Capers**	15g	30g	30g
Mayonnaise <b>8</b> <b>9</b>	2 sachets	3 sachets	4 sachets
Cod** <b>4</b>	2	3	4
Garlic Clove**	1	1	2
Mint**	1 bunch	1 bunch	1 bunch
Unsalted Butter** <b>7</b>	10g	20g	30g
Peas**	120g	180g	240g

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

## Nutrition

for uncooked ingredient	Per serving 520g	Per 100g 100g
Energy (kJ/kcal)	2168 /518	417/100
Fat (g)	17	3
Sat. Fat (g)	4	1
Carbohydrate (g)	64	12
Sugars (g)	8	2
Protein (g)	31	6
Salt (g)	0.86	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) 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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60 Worship St, London EC2A 2EZ

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## Get Prepping

Preheat your oven to 220°C. Fill and boil your kettle. Pour a good glug of **oil** into a baking tray (to completely cover the bottom) and pop into your oven to heat. 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**. Add the **potatoes** to the **boiling water** and cook until the edges have softened when you poke them with a knife, 5-6 mins.



## Bake the Cod

Lay the **cod** onto a baking tray lined with baking paper. Spread the remaining **mayo** over the top and sides of the **fish**. Spoon on the **breadcrumb mixture** over the **mayo**, pressing it down with the spoon. Drizzle with **oil**, then set aside. When the **chips** are halfway through cooking, pop the **fish** on the middle shelf of the oven to bake 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**, mix together then set aside. Once the **potatoes** are ready, drain in a colander and pop back into the pan. Season with **salt** and sprinkle on the **flour** (see ingredients for amount). Give your pan a shake to fluff up the **potatoes**. Take your hot baking tray out of the oven, then carefully transfer your **potatoes** into it in a single layer, turning in the **oil**. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



## Peas Please

While everything cooks, peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). When 5 mins of cooking time remain, melt the **butter** in a large frying pan on medium-high heat. Add the **garlic** and **peas**, then stir-fry for 2-3 mins. Season with **salt** and **pepper**, then take off the heat. Gently crush the **peas** with the back of a fork, then stir through the **mint** and a squeeze of **lemon juice**.



## Make the Tartare Sauce

While the chips cook, finely chop the **capers**. Pop 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**. Chop any remaining **lemon** into **wedges**.



## Finish and Serve

When everything is ready, serve up your **ultimate fish and chips** with the **crushed minted peas** alongside. Finish with a dollop of **tartare sauce** for dipping and the **lemon wedges** for squeezing over.

Enjoy!