





Cooking Made Easy

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(Slightly Fancy) Fish 'n' Chips 'n' Mushy Peas

For tonight's Quick Dish we're taking a trip down memory lane, with a little twist. The 'slightly fancy' part of this fish 'n' chips is that the fish comes from the Queen's fishmonger, James Knight of Mayfair... and the fact that it's not wrapped in newspaper! Splash some malt vinegar onto your potatoes at the end for a nostalgia-inducing touch.



30 min



family box



healthy



seafood first



Sea Bream



New Potatoes



Peas



Malt Vinegar



Lemon



Greek Yoghurt

Ingredients

	2P	4P
Sea Bream 1	-	4
New Potatoes, quartered	-	2 handfuls
Peas	-	2 cups
Malt Vinegar 2	-	1 tbsp
Lemon	-	1
Greek Yoghurt 3	-	1 tbsp

⊕ May feature in another recipe

* Good to have at home

LH Step for little hands

Allergens

1) Fish | 2) Gluten

3) Milk

Nutrition per serving: Calories: 331 kcal | Protein: 43g | Carbs: 35g | Fat: 2g | Saturated Fat: 0g



1 Pre-heat your oven to 200 degrees.

2 Chop your new potatoes in half widthways and then in half once again. Toss the potatoes in 1 tbsp of olive oil and a good pinch of salt and pepper. Place them on a baking tray on the top shelf of the oven for around 25 mins.

Tip: They're ready when they are browned off and soft in the middle - test them!



3 Put your feet up for 10 minutes.

4 Boil a medium sized pot of water with ½ tsp of salt. Pour in your peas and cook for around 4 mins, or until they're soft enough to eat. Drain the peas and mash them up with a fork, add 2 tbsp of Greek yoghurt and a pinch of salt and pepper (if you have a blender then stick them in there with 2 tbsp of the boiling water).



5 Heat a non-stick frying pan on medium-high heat and add 1 tbsp of olive oil. Season the fish on both sides with a pinch of salt and pepper. Once the oil is really hot lay the fish carefully in the pan, skin-side down.



6 Leave the fish to cook for around 3 mins on the skin side without touching it. After 3 mins carefully turn the fish over and cook for another 2 mins. Add 1 tsp of butter (if you have some) into the pan at the end and squeeze in the juice of ½ the lemon.

7 Spoon the pan juices over the fish and then serve with your potatoes, mushy peas and a drizzle of malt vinegar - lovely!