



Fish, Chips and Homemade Tartare Sauce with Peas

Family 40-45 Minutes

11



Potatoes



Flat Leaf
Parsley



Lemon & Herb
Seasoning



Breadcrumbs



Capers



Mayonnaise



Sea Bass
Fillets



Peas

Pantry Items

Oil, Salt, Pepper, 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

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	25g	50g	50g
Capers	15g	30g	30g
Mayonnaise 8) 9)	32g	64g	64g
Sea Bass Fillets** 4)	2	3	4
Peas**	120g	240g	240g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2110 /504	502 /120
Fat (g)	17.7	4.2
Sat. Fat (g)	3.1	0.7
Carbohydrate (g)	63.3	15.1
Sugars (g)	6.4	1.5
Protein (g)	25.8	6.1
Salt (g)	1.03	0.25

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Bake the Fish

Pat the **sea bass** dry with kitchen paper, then lay the **fillets**, skin-side down, onto a lined baking tray.

Spread the remaining **mayonnaise** over the **fish** and spoon the **zesty crumb** on top. Press it down with a spoon.

Halfway through cooking the **chips**, bake the **fish** on the middle shelf of your oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

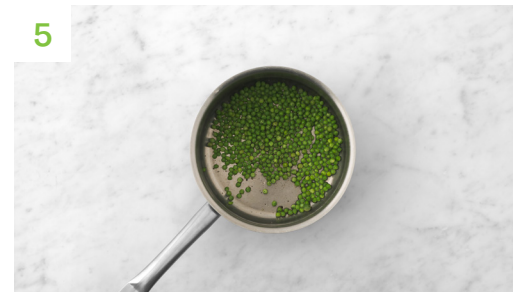


Prep the Zesty Crumb

Meanwhile, finely chop the **parsley** (stalks and all).

In a small bowl, combine **half** the **parsley** with the **lemon & herb seasoning**, **breadcrumbs** and **olive oil for the crumb** (see pantry for amount).

Season with **salt** and **pepper**, then set your **zesty crumb** aside.

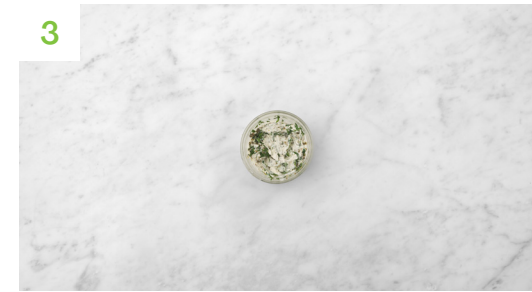


Peas Please

Meanwhile, bring a saucepan of **water** to the boil with **¼ tsp salt** for the **peas**.

When the **fish** and **potatoes** are almost cooked, add the **peas** to the **boiling water** and cook for 2-3 mins.

Once piping hot, drain in a colander and return to the pan. Drizzle with **oil** and season with **salt** and **pepper** if you'd like.



Mix your Tartare Sauce

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.



Serve Up

When everything's ready, serve your **fish** with the **chips**, **peas** and a dollop of **tartare sauce** on the side.

Enjoy!