



# Ultimate Fish Finger Sarnie and Tartare Sauce

with Peas, Chips and Avocado Salad

Ultimate 40-45 Minutes • 2 of your 5 a day

35



Potatoes



Lemon



Flat Leaf Parsley



Capers



Avocado



Peas



Mayonnaise



Basa Fillets



Breadcrumbs



Sliced Burger Buns



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Egg



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Saucepan, baking tray, bowl, colander, whisk, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Capers	15g	30g	30g
Avocado	1	2	2
Peas**	120g	240g	240g
Mayonnaise <b>8</b> <b>9</b>	64g	96g	128g
Basa Fillets** <b>4</b>	2	3	4
Breadcrumbs <b>13</b>	50g	75g	100g
Sliced Burger Buns <b>13</b>	2	3	4
Wild Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	1 tsp	1½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>723g</b>	<b>100g</b>
Energy (kJ/kcal)	4510/1078	624/149
Fat (g)	38.7	5.4
Sat. Fat (g)	7.2	1.0
Carbohydrate (g)	119.1	16.5
Sugars (g)	16.1	2.2
Protein (g)	45.7	6.3
Salt (g)	3.71	0.51

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

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

Pop the **chips** 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.

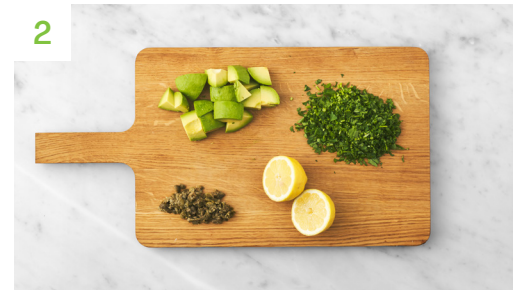


## Make your Fish Fingers

Cut each **basa fillet** into 3 equal-sized 'fingers'.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl, season with the **salt** (see pantry for amount) and **pepper**.

Season the **fish**, then dip each **fish finger** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



## Get Prepped

Meanwhile, halve the **lemon**. Finely chop the **parsley** (stalks and all). Finely chop the **capers**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

Put the **capers**, **parsley** and **mayo** in a small bowl. Add a squeeze of **lemon juice** and season with **salt** and **pepper**. Mix together, then set your **tartare sauce** aside.



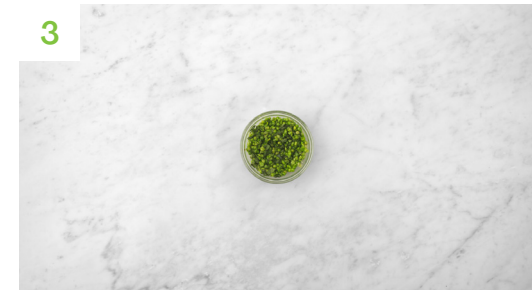
## Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the fish fries properly - heat for 2-3 mins before you add the fish.

Once hot, lay the **fish fingers** in the pan and cook until crispy and golden, 6-8 mins. Turn every couple of mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

Once cooked, transfer to a plate lined with kitchen paper.

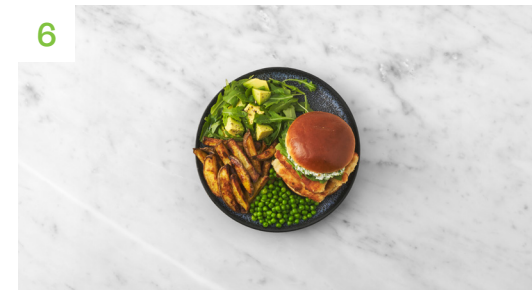
Just before serving, pop the **burger buns** into the oven to warm through, 2-3 mins.



## Peas Please

Next, when boiling, add the **peas** to the **water** and cook for 2-3 mins. Drain in a colander and return to the pan. Drizzle with **oil** and season with **salt** and **pepper**, then cover to keep warm. Set aside.

While the **peas** cook, in a medium bowl, mix together a good squeeze of **lemon juice**, the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set your **salad dressing** aside.



## Finish and Serve

When everything's ready, spread the **tartare sauce** over the **burger lids**. Top the **bases** with the **fish fingers** and a handful of **rocket leaves**, then sandwich shut with the **bun lids**.

Toss the **avocado** and remaining **rocket** through the **salad dressing**.

Serve your **ultimate fish finger sarnie** with the **peas**, **chips** and remaining **rocket and avocado salad** alongside.

## Enjoy!