



Indonesian Style Satay Fish Skewers

with Red Onion, Chips and Pickled Slaw

28

Calorie Smart

35-40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Bamboo Skewers



Potatoes



Red Onion



Indonesian Style Spice Mix



Fish Pie Mix



Lime



Coleslaw Mix



Peanut Butter



Sweet Chilli Sauce

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TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



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Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, kitchen paper and kettle.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	1½	2
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Lime**	1	2	2
Coleslaw Mix**	120g	180g	240g
Peanut Butter 1) 61)	30g	45g	60g
Sweet Chilli Sauce	32g	48g	64g

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Boiling Water*	1½ tbsp	2¼ tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2133 /510	391 /94
Fat (g)	15.6	2.9
Sat. Fat (g)	2.8	0.5
Carbohydrate (g)	66.8	12.3
Sugars (g)	19.5	3.6
Protein (g)	30.3	5.6
Salt (g)	1.25	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 4) Fish

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in **cold water** (this will prevent them from burning).

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.

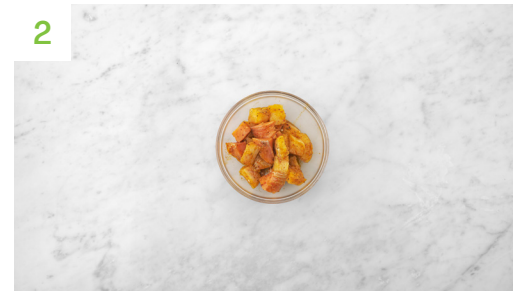


Get Dressed

While everything's in the oven, boil a half-full kettle. Quarter the **lime**.

In a medium bowl, combine a good squeeze of **lime juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **coleslaw mix** to the bowl and toss together. Set aside.



Marinate the Fish

Meanwhile, halve and peel the **red onion**, then cut each half into 3 wedges.

In a medium bowl, combine the **Indonesian style spice mix** with a drizzle of **oil** to make your marinade. Season with **salt** and **pepper**.

Drain the **fish pie mix** and pat dry with kitchen paper. Add it to the bowl of marinade along with the **onion wedges**. Mix well so everything's coated.



Mix your Satay Sauce

A few mins before everything's ready, add the **peanut butter** and **boiling water** (see pantry for amount) to a jug or small bowl.

Mix together well, then stir in the **sweet chilli sauce**. Squeeze in some **lime juice**, season with **salt** and **pepper**, then set aside.



Time to Bake

Thread the **fish** and **onion** onto the **skewers** (2 per person), alternating between the two. Pop the **skewers** onto a large baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

When the **chips** are about halfway through cooking, turn them over.

At the same time, pop your **skewers** on the middle shelf of your oven to cook for 10-12 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Serve Up

When everything's ready, share the **fish skewers** between your plates and drizzle over the **satay sauce**.

Serve the **chips** and **pickled slaw** alongside, along with any remaining **lime wedges** for squeezing over.

Enjoy!

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