



Fish and Chips

with Zesty Garlic Mayo and Rocket Salad

Classic 35-40 Minutes

6



Potatoes



Garlic Clove



Flat Leaf Parsley



Lemon



Panko Breadcrumbs



Hake Fillet



Mayonnaise



Rocket

Pantry Item
Olive Oil

Before you start

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

Cooking tools

Baking tray, zester, bowl, kitchen paper, baking paper and plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Panko Breadcrumbs 13)	25g	35g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Hake Fillet** 4)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	1932 /462	425 /102
Fat (g)	18	4
Sat. Fat (g)	2	1
Carbohydrate (g)	53	12
Sugars (g)	4	1
Protein (g)	24	5
Salt (g)	0.88	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

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, 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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Packed in the UK

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Cook the Chips

Preheat your oven to 200°C. Chop the **potatoes** 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, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.



Make the Zesty Garlic Mayo

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Pop it into another small bowl. Add the remaining **mayo**, **parsley** and **lemon zest**. Season with **salt** and **pepper**, then mix to combine.



Get Prepping

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add to the **chips'** baking tray and roast until soft, 10-12 mins. Meanwhile, roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**. Pop the **breadcrumbs** into a small bowl with **half** the **parsley** and **half** the **lemon zest**. Add the **olive oil for the crumb** (see ingredients for amount) and mix to combine.



Mix the Dressing

Squeeze **half** the **lemon juice** into a large bowl. Add the **olive oil for the dressing** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then mix to combine. Cut the remaining **lemon** into **wedges**.



Bake the Fish

Pat the **hake** with kitchen paper to remove any excess moisture. Lay the **hake fillets** onto a baking tray lined with baking paper. Drizzle with **oil** and season with **salt** and **pepper**. Put a **third** of the **mayonnaise** into a small bowl and, using the back of a spoon, spread over the top of each **fillet**. Sprinkle the **breadcrumb mixture** over the **mayo** and press it down with your spoon. Bake the **fish** on the top shelf of the 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. The fish is cooked when it is opaque in the middle.



Serve

Once everything is ready, add the **rocket** to the **dressing** bowl and toss to coat. Divide the **fish** between your plates with the **chips**, **salad** and **zesty garlic mayo** alongside. Serve with the **lemon wedges** for squeezing over.

Enjoy!