



Fish and Double-Cooked Salt & Vinegar Chips with Buttery Minted Peas and Tartare Sauce

Premium 45 Minutes

33



Potatoes



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Echalion Shallot



Garlic Clove



Mint



Butter



Peas



Apple Cider Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Saucepan, Kettle, Garlic Press, Frying Pan, Baking Tray and Colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko			
Breadcrumbs 13)	25g	50g	50g
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	8g	12g	24g
Capers**	30g	45g	60g
Mayonnaise** 8)	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** 4)	2	3	4
Echalion Shallot**	1	1	2
Garlic Clove**	1	1	2
Mint**	½ bunch	½ bunch	1 bunch
Butter** 7)	30g	40g	60g
Peas**	120g	180g	240g
Apple Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	525g	100g
Energy (kJ/kcal)	2773 /663	528 /126
Fat (g)	34	6
Sat. Fat (g)	12	2
Carbohydrate (g)	64	12
Sugars (g)	9	2
Protein (g)	27	5
Salt (g)	1.11	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep the Chips

Preheat your oven to 220°C. Fill and boil your kettle. Pour a good glug of **oil** into a baking tray (to completely cover the bottom) and pop into your oven. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pour the **boiling water** into a large saucepan on high heat with ½ **tsp salt**. Add the **potatoes** to the **boiling water** and cook until the edges have softened when you poke them with a knife, 5-6 mins.



Cook the Fish

Lay the **sea bass**, skin-side down, onto a baking tray lined with baking paper. Divide and spread the remaining **mayonnaise** over the top of the **fish**. Spoon the **breadcrumb mixture** on top. Press it down with a spoon. Drizzle with **oil**, then set aside until the **chips** are halfway through cooking. Then, bake the **fish** on the middle shelf of the oven until golden, 10-15 mins. **IMPORTANT:** *Wash your hands after handling raw fish. The fish is cooked when opaque in the middle.*



Cook the Chips

Meanwhile, zest and halve the **lemon**. Finely chop the **parsley** (stalks and all) and put half in a medium bowl with the **lemon zest**. Add the **breadcrumbs** and **oil** (see ingredients for amount). Season with **salt** and **pepper** then set aside. Once the **potatoes** are ready, drain in a colander and pop back into the pan. Season with **salt** and sprinkle on the **flour** (see ingredients for amount). Give your pan a shake to fluff up the **potatoes**. Take your hot baking tray out of the oven and carefully transfer your **potatoes** into it in a single layer, turning in the **oil**. Roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through.



Make the Peas

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). When roughly 5 mins of cooking time remain, add the **butter** to a large frying pan on medium-high heat. When the **butter** has melted, add the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and **peas**, then stir-fry for 2-3 mins. Season with **salt** and **pepper**, stir through the **mint**, then take off the heat.



Make the Tartare Sauce

In the meantime, finely chop the **capers**. Put into a small bowl and add the remaining **parsley** and **three quarters** of the **mayo**. Mix together, then season to taste with **salt**, **pepper** and **lemon juice**. Cut any remaining **lemon** into wedges.



Finish and Serve

When everything is ready, serve the **fish with the chips** and **buttery minted peas** alongside. Sprinkle the **vinegar** over the **chips** and season with more **salt** if you'd like. Serve with a dollop of **tartare sauce** and the **lemon wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.