



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

Gastropub 40-45 Minutes • 1 of your 5 a day

33



Potatoes



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Garlic Clove



Mint



Unsalted Butter



Peas



Cider Vinegar

Pantry Items

Oil, Salt, Pepper, Olive Oil, Plain Flour

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, fine grater, colander, bowl, kitchen paper, baking paper, garlic press and frying pan.

Ingredients

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
Capers**	30g	45g	60g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** 4)	2	3	4
Garlic Clove**	1	1	2
Mint**	½ bunch	½ bunch	1 bunch
Unsalted Butter** 7)	10g	20g	20g
Peas**	120g	180g	240g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	½ tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	490g	100g
	2418 /578	494 /118
Fat (g)	26.5	5.4
Sat. Fat (g)	6.2	1.3
Carbohydrate (g)	63.2	12.9
Sugars (g)	7.4	1.5
Protein (g)	27.4	5.6
Salt (g)	1.93	0.39

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

Allergens

4) Fish **7)** Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten **14)** Sulphites

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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Boil the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Boil a full kettle. Pour just enough **oil** into a deep baking tray to cover the bottom and pop in the 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**. Boil the **potatoes** for 7-8 mins or until the edges are soft.



Bake the Sea Bass

Pat the **sea bass** with kitchen paper to remove any excess moisture. Lay the **fillets**, skin-side down, onto a lined baking tray.

Spread the remaining **mayonnaise** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon.

When the **chips** are halfway through cooking, bake the **fish** until the **crumbs** are 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 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**, **breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**, then set aside.

Once the **potatoes** are ready, drain in a colander, season with **salt** and sprinkle on the **flour** (see pantry for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray in a single layer, turning in the **oil**.

Roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Peas Please

Meanwhile, 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.

Once the **butter** has melted, 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 your Tartare Sauce

While the **chips** cook, finely chop the **capers**. Put them into a small bowl with the remaining **parsley** and **three quarters** of the **mayo**.

Mix together, then season to taste with **salt**, **pepper** and **lemon juice**. Set your **tartare sauce** aside.

Cut any remaining **lemon** into **wedges**.



Finish and Serve

When everything's 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!