



# Fish and Salt & Vinegar Chips with Buttery Minted Peas and Tartare Sauce

Gastropub 30-35 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

## Before you start

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

## Cooking tools

Baking tray, fine grater, bowl, kitchen 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 <b>13</b> )	25g	50g	50g
Capers**	30g	45g	60g
Mayonnaise <b>8</b> ) <b>9</b> )	64g	96g	128g
Sea Bass Fillets** <b>4</b> )	2	3	4
Garlic Clove**	1	1	2
Mint**	½ bunch	½ bunch	1 bunch
Unsalted Butter** <b>7</b> )	10g	20g	20g
Peas**	120g	180g	240g
Cider Vinegar <b>14</b> )	15ml	22ml	30ml

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

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	2399 /573	490 /117
Fat (g)	26.5	5.4
Sat. Fat (g)	6.2	1.3
Carbohydrate (g)	62.0	12.7
Sugars (g)	7.4	1.5
Protein (g)	27.4	5.6
Salt (g)	1.44	0.29

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 220°C/200°C fan/gas mark 7.

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

Pop them 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.



## 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 **fillets** and top with the **herby crumb**. Press it down with a spoon.

When the **chips** are halfway through cooking, bake the **fish** on the middle shelf until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Herby Crumb Time

While the **chips** cook, 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.



## 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

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!