



Everything But The Chef

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## Classic Fish & Chips

There's nothing better on a hot Summer's evening than a seafood dinner! Forget the excessively fried, more-batter-than-fish style though, here's a lightly floured version with oven baked chips and just cooked greens that will please and satisfy. The real star of the show is the parsley and dill mayonnaise from our friends at Roza's- it's got a winning fresh and herby flavour that walks all over tartare. Eating with your hands is highly encouraged with this one!

Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



seafood first



helping hands

### Pantry Items



Olive Oil



Plain Flour



Butter



Potatoes



White Fish Fillets



Snow Peas



Dill & Parsley  
Mayonnaise



Lemon

Qty	Ingredients
1 kg	potatoes, skin on & cut into fries
2 tbs	olive oil *
½ cup	plain flour *
1	lemon, zested & cut into wedges
600 g	white fish fillets, cut into 4-5 pieces
1 tbs	butter *
½ bag	snow peas, trimmed & destringed
1 tub	dill & parsley mayonnaise

⊕ May feature in another recipe

\* Pantry Items

**Servings per recipe: 4**

**Nutrition per serve**

Energy	2800	Kj
Protein	43.4	g
Fat, total	26.8	g
-saturated	4.8	g
Carbohydrate	61.5	g
-sugars	3.9	g
Sodium	215	mg

**Disclaimers:** We may substitute snow peas for sugar snap peas as unpredictable weather conditions may affect market supply.



**You will need:** *chopping board, chef's knife, zester, baking paper lined oven tray, plastic bag, plate, paper towel, spatula, medium frying pan, heatproof bowl, and a strainer.*

**1** Preheat the oven to **200°C/180°C** fan forced. Bring a kettle of water to the boil.

**2** Toss the **potato** in half of the **olive oil** and place on the prepared tray in a single layer. Season with **salt** and **pepper** and cook in the oven for **30 minutes** or until golden and tender.



**3** Place the **plain flour** and **lemon zest** in a plastic bag and season generously with salt and pepper. Add the **white fish fillet strips** to the bag and toss around until the fish is completely covered in the mixture. Heat the **butter** and remaining olive oil in a medium frying pan over a medium heat. Add the fish and cook gently on each side for **3 minutes** until the fish turns nut brown and is cooked through. Place the fish on a plate lined with paper towel.



**4** Meanwhile, place the **snow peas** in a heatproof bowl and pour over the boiling water from the kettle. Set aside for **1-2 minutes** or until just tender. Drain.

**5** To serve, divide the fish, sweet potato fries and snow peas between plates. Serve with the **dill & parsley mayonnaise** and the **lemon wedges**.



**Did you know?** Parsley is notoriously difficult to grow. For this reason it was once believed that it could only be grown by witches (note: no magic was used in the cultivation of the parsley you have received).