



LIGHTER FISH AND CHIPS

with Broccoli and DIY Tartar Sauce



HELLO

CRISPY FISH

Panko and herb-coated fish has plenty of crunch without the heavy frying.

PREP: 15 MIN | **TOTAL: 40 MIN** | **CALORIES: 680**



Yukon Gold Potatoes



Dill



Broccoli Florets



White Wine Vinegar



Catfish
(Contains: Fish)



Fry Seasoning Blend



Persian Cucumbers



Mayonnaise
(Contains: Eggs, Soy)



Panko Breadcrumbs
(Contains: Wheat)

START STRONG

Keep an eye on the fish as it's broiling—you don't want that crust to burn.

BUST OUT

- 2 Baking sheets • Paper towel
- 2 Small bowls
- Medium bowl
- Oil (6 tsp)
- Sugar (1 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Fry Seasoning Blend 2 TBSP
- Broccoli Florets 16 oz
- Dill ¼ oz
- Persian Cucumbers 2
- Mayonnaise 4 TBSP
- White Wine Vinegar 4 TBSP
- Panko Breadcrumbs 1 Cup
- Catfish 24 oz

HELLO WINE



PAIR WITH
Skrimshaw Monterey County
Pinot Blanc, 2014

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT OVEN AND PREP POTATOES

Wash and dry all produce. Adjust oven racks to middle and top position. Preheat oven to 450 degrees. Cut **potatoes** into ½-inch-thick wedges (like steak fries). Toss on a baking sheet with **fry seasoning** and **4 tsp oil**. Season with **salt** and **pepper**.



4 MAKE TARTAR SAUCE AND PICKLES

Add **mayonnaise** and half the **dill** to bowl with minced cucumber and stir to combine. Season to taste with **salt**, **pepper**, and up to **2 tsp vinegar**. Set aside 4 tsp sauce for brushing fish. In a medium bowl, toss together **cucumber** spears, remaining **vinegar**, and **1 tsp sugar**. Season with **salt** and **pepper**.



KIDS CAN HELP!



2 ROAST POTATOES AND BROCCOLI

Roast **potatoes** in oven on middle rack until browned and crisp, about 25 minutes, tossing halfway through. On another baking sheet, toss **broccoli**, a large drizzle of **oil**, and a pinch of **salt** and **pepper**. Roast in oven on top rack until tender and crisp, about 15 minutes.



5 MAKE CRUST

Microwave **2 TBSP butter** to melt in another small bowl on high heat, about 20 seconds. (**TIP:** Alternatively, melt butter in a small pan over medium heat.) Stir in **panko** and remaining **dill**. Season with **salt** and **pepper**. Once **broccoli** is done, remove from baking sheet and set aside. Pat **catfish** dry with a paper towel, then place on same baking sheet.



3 PREP

Finely chop **dill** until you have 1 TBSP. Cut **cucumbers** lengthwise into thin spears. Mince a spear or two until you have 3 TBSP minced cucumber and set aside in a small bowl.



6 FINISH AND SERVE

Brush 1 tsp of reserved **tartar sauce** onto top of each **catfish fillet**. Press **panko mixture** into sauce to adhere. Bake in oven until just opaque, about 5 minutes. Heat broiler to high, then transfer sheet to broiler. Broil until crust is golden brown, 2-3 minutes. Divide between plates and serve with **broccoli**, **potatoes**, **pickles**, and sauce to the side.

DIP IN!

Make sure to have some of the tartar sauce with the fish.

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com