

Webfid00295hero fishwithgarlicherbcrumb 302

Garlic and Herb Crumbed Fish

with Green Veggies and Chunky Chips



20-30min



4 Portions

When the family's craving fish and chips, don't be tempted by takeaway. Instead, make this easy version, with chunky chips, easy grilled fish and tasty buttered veggies. The best bit? The amazing garlic crumb, which adds an irresistible layer of crunch and moreish flavour.

What we send

- broccoli
- parsley, garlic clove
- green beans
- hake fillet ⁴
- panko breadcrumbs ¹
- desiree potato

What you'll require

- butter ⁷
- Australian honey
- olive oil
- salt and pepper

Utensils

- baking paper
- foil
- large frypan
- large saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

The fish can also be pan fried or chargrilled, but be careful not to have the heat too high, otherwise the honey may burn.

Allergens

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

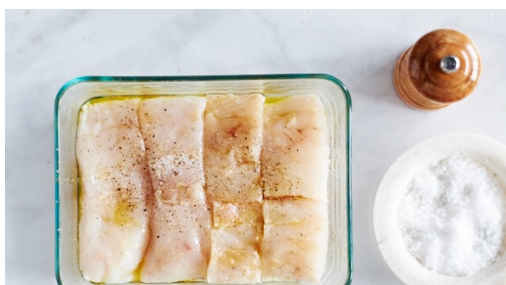
Nutrition per serving

Energy 565.0kcal, Fat 23.5g, Proteins 41.7g, Carbs 41.3g



1. Prepare chunky chips

Preheat oven to 220C. Line an oven tray with baking paper. Peel the **potatoes** and cut into 2cm-wide chips. Place on the tray, drizzle with 1 tbs **oil** and season with a pinch of **sea salt**. Toss to combine, then bake for 25-30 mins until golden and tender, turning once during cooking.



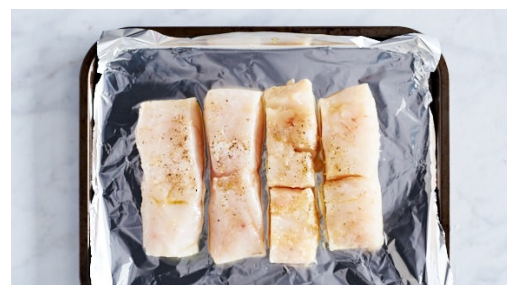
4. Prepare fish

Preheat oven grill to medium (see cooking tip) and adjust the tray so that the fish will fit under the grill with a little space to spare. In a shallow dish, combine 2 tbs **oil**, 1 tbs **honey** and season with **sea salt and pepper** if desired. Add the **fish** and turn to coat.



2. Make garlic crumb

Meanwhile, finely chop the **garlic**. Pick the **parsley** leaves (discard stems) and finely chop. Heat 1 tbs **oil** in a large frypan over medium heat. Cook the garlic and **breadcrumbs** for 4-5 mins, stirring regularly, until light golden. Transfer to a medium bowl, stir in the parsley and season with **sea salt and pepper**, if desired.



5. Cook fish

Place the **fish** on an oven tray lined with foil. Cook under the grill for 8-10 mins, turning once, until just cooked through.



3. Prepare vegetables

Bring a large saucepan of water to the boil for the vegetables. Trim ends of **beans** and cut in half. Discard end of **broccoli**. Dice the stalk then cut top into small florets.



6. Cook vegetables

Meanwhile, cook the **beans** and **broccoli** in the pan of boiling water for 3-4 mins until tender. Drain well. Melt 20g **butter** in the same pan over low heat. Add **vegetables** and toss to coat. Divide the **chips**, vegetables and **fish** between plates then scatter over the **crunchy garlic topping**.