

Baked Fish and Chips

with Aioli Tartare Sauce



20-30min



4 Portions

Fish 'n' chips don't have to be greasy, fried and heavy. Our healthy take swaps regular potatoes for sweet potatoes, and bakes them in the oven with sesame-flecked white fish. Serve with tangy capers, fresh garden salad and homemade tartare - for just a dash of indulgence.

What we send

- spring onion, parsley, tomato
- capers
- white fish fillet ⁴
- sweet potato
- aioli ³
- lemon
- mixed salad leaves
- black sesame seeds ¹¹

What you'll require

- extra virgin olive oil
- mustard ¹⁰
- sea salt and pepper

Utensils

- baking paper
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Occasionally fish has a slight odour from being in the packaging. The fish cooking time may vary according to thickness of the fillet.

Allergens

Egg (3), Fish (4), Mustard (10), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 725kcal, Fat 47.8g, Carbs 39.3g, Proteins 29.4g



1. Prepare chips

Preheat the oven to 220C. Line 2 oven trays with baking paper. Peel and quarter the **sweet potatoes** and cut into 1cm-thick chips.



2. Bake chips

Arrange the chips in a single layer on one lined tray, drizzle with **1 ½ tbs extra virgin olive oil** and season well with **salt and pepper**. Toss to combine. Bake on an upper shelf of the oven for 15-20 mins until golden and tender.



3. Prepare ingredients

Meanwhile, finely chop the **capers**. Trim and finely chop the **spring onion**. Finely chop the **parsley**, including the stems. Cut the **lemon** and **tomatoes** into wedges.



4. Prepare fish

Put the **fish** (see cooking tip) on the remaining lined tray, drizzle with **1 ½ tbs extra virgin olive oil** and season well with **salt and pepper**. Scatter over the **sesame seeds**.



5. Bake fish

Cook the **fish** on a lower shelf in the oven (the chips will be on the upper shelf) for 7-10 mins until just cooked through.



6. Get ready to serve

Meanwhile, squeeze the juice from **1 lemon wedge** into a bowl. Add the **capers, spring onion, parsley, mayonnaise** and **1 tsp mustard**. Season with **salt and pepper** and stir to combine. Divide the **fish, chips, mixed leaves** and **tomato** among plates and drizzle the salad with **extra virgin olive oil**. Serve with the **tartare sauce** and ___remaining lemon wed...