

Webfid00180hero crunchyfishsquares 2

Crispy Fish

with Tartare Sauce and Roast Potatoes



30-40min



4 Portions

This better-for-you version of fish and chips is set to become a family favourite. The fish and veggies are baked until tender and golden, then served with a cheat's homemade tartare sauce that's simply irresistible!

What we send

- broccoli
- aioli ^{3,7}
- capers
- dill
- parsley
- lemon
- hake fillet ⁴
- panko breadcrumbs ¹
- chat potatoes

What you'll require

- egg ³
- olive oil
- plain flour ¹
- salt and pepper

Utensils

- baking paper
- paper towel
- small saucepan

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

Cooking tip

Use a skewer to test if the fish is ready, if the flesh pierces with no resistance, it is cooked.

Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 650.0kcal, Fat 26.2g, Proteins 41.4g, Carbs 55.2g



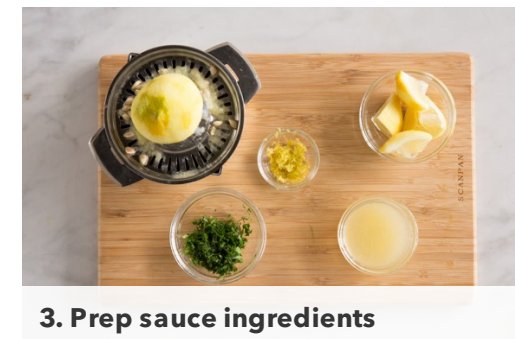
1. Roast potatoes

Preheat oven to 200C. Cut any large **potatoes** in half, then toss potatoes with 2 tbs **oil** on an oven tray lined with baking paper and season with **salt**. Roast for 25-30 mins until just tender and golden.



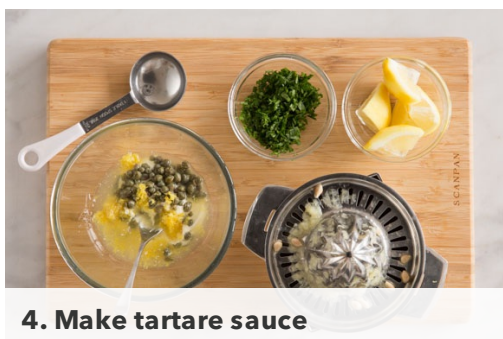
2. Prepare fish

Place 2 tbs **flour** and ½ tsp **salt** on a plate. Lightly beat 1 **egg** in a shallow bowl and place **breadcrumbs** in another shallow bowl. Pat the **fish** dry with paper towel and cut into four portions. Coat the fish in flour, then egg and finally in breadcrumbs. Place on a second oven tray lined with baking paper. Bake for 15-20 mins until cooked through (see tip).



3. Prep sauce ingredients

Zest the **lemon**. Juice half (you will need 1 tbs juice) and cut the remaining half into wedges. Pick the **parsley** and **dill** sprigs (discard stems) and finely chop. Coarsely chop the **capers**. Bring a small saucepan of salted water to the boil for the broccoli.



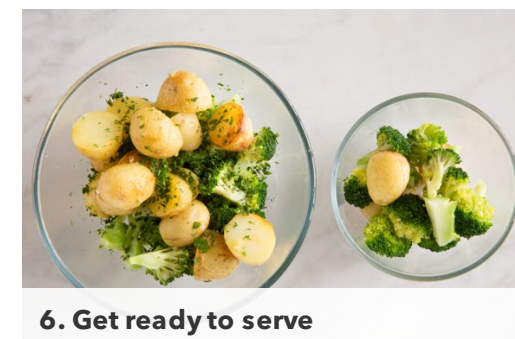
4. Make tartare sauce

Combine the **aioli**, **capers**, 2 tsp **zest** and 1 tbs **lemon juice** with half the **chopped herbs** in a bowl. Season with **salt and pepper**.



5. Cook broccoli

Trim **broccoli** and cut into bite sized florets. Cut the stems into thin batons. Cook the broccoli in the boiling water for 3 mins or until just tender. Drain.



6. Get ready to serve

Toss the **potatoes** and **broccoli** with the remaining **herbs**, leaving the kids' portion plain, if you like. Serve the **fish** with the **vegetables**, a dollop of **tartare sauce** and the **lemon wedges**.