

# Homemade Fish Fingers with Mashed Potatoes and Lemony Salad

hellóchef

Traditional family food at its best!

Cals 678 • Prot 51 • Carbs 84 • Fat 17

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🕒 cook: 30 min

R1981



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Potato mash	2 ppl	3 ppl	4 ppl	
Potatoes	600	900	1200	Grams
Whole milk <b>4*</b>	200	200	200	ML
Butter <b>4*</b>	20	30	50	Grams
Salt	1	1	2	Tsp
Fish fingers				
Nile perch fillet <b>6*</b>	350	525	700	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Plain flour <b>10*, 11*</b>	50	100	100	Grams
Organic Eggs <b>5*</b>	1	2	3	Pieces
Panko bread crumbs <b>10*, 11*, 12*</b>	60	90	120	Grams
Olive oil	2	3	4	Tbsp
Salad				
Tomatoes	1	2	2	Pieces
Cucumber	2	3	4	Pieces
Sumac	2	2	4	Grams
Lemon	1	1	1	Pieces
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

**\*4 Milk, \*6 Fish, \*10 Wheat, \*11 Gluten, \*5 Eggs, \*12 Lupin**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2835 / 678
Fat (g)	16.9
of which saturates (g)	10.1
Carbohydrate (g)	84
of which sugars (g)	10.8
Fiber (g)	11.4
Protein (g)	50.5
Salt (g)	1.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Peel and cut **potatoes** to cubes. Bring a pot of lightly salted water to a boil and add **potatoes**. Boil for 15 minutes until soft. Drain and keep warm.



2 Coat fish

Cut the fish into fish finger size pieces. Season generously with **salt** and **pepper**. Place **flour** and **panko bread crumbs** to separate plates. Crack **eggs** to a bowl and beat lightly. Coat the fish pieces first in **flour**, then dip into **eggs** and finally roll in **panko bread crumbs**. Set aside to a plate or chopping board.



3 Mash potatoes

Once the **potatoes** are done, heat the **milk** in a small pot or in the microwave. Add the **milk** to the drained **potatoes**. Mash with a fork or potato masher. Mix in the **butter**. Season generously with **salt**. Keep warm.



4 Make salad

Rinse **tomatoes** and **cucumbers**, and cut them to cubes. Place in a serving bowl. Season with **sumac**, {1/1.5/2} Tbsp of **lemon** juice, **olive oil**, **salt** and **black pepper**.



5 Fry fish fingers

Heat **oil** in a large pan over medium heat. Fry the fish fingers in batches, for about 4-5 minutes per side. Serve with the mash and the salad.