Homemade Fish Fingers with Mashed Potatoes

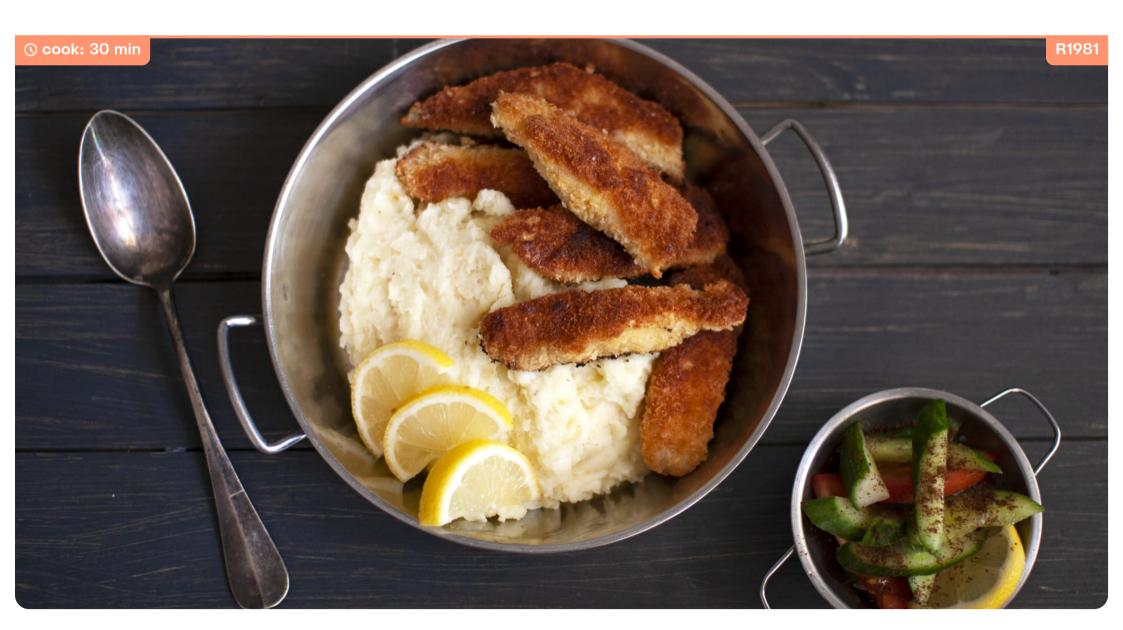
and Lemony Salad

Traditional family food at its best!

hellóchef

Cals 678 • Prot 51 • Carbs 84 • Fat 17

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Before you start

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

Ingredients

D-tt	01	01	41	
Potato mash	2 ppl	3 ppl	4 ppl	
Potatoes	600	900	1200	Grams
Whole milk 4*	200	200	200	ML
Butter 4*	20	30	50	Grams
Salt	1	1	2	Tsp
Fish fingers				
Nile perch fillet 6*	350	525	700	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Plain flour 10*, 11*	50	100	100	Grams
Organic Eggs 5*	1	2	3	Pieces
Panko bread crumbs 10*, 11*, 12*	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



*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.