

Posh Fish and Chips

with Peas and Tartar Sauce

hellóchef

In this take on the British classic, you won't create a batter for the cod, but will coat it in Parmesan instead. This results in a thinner, lighter crust.

Cals 791 • Prot 60 • Carbs 60 • Fat 38

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🕒 cook: 40 min

R2541



Before you start

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

Ingredients

Fish	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Parmesan 4*	60	90	120	Grams
Plain flour 10*, 11*	20	30	50	Grams
Salt	0.5	1	1	Tsp
Organic Eggs 5*	1	2	2	Pieces
Vegetable oil	4	5	6	Tbsp
Chips				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Tartar				
Lemon	1	1	2	Pieces
Spring onion	40	60	80	Grams
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Sour cream 4*	60	90	120	Grams
Capers	20	30	40	Grams
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp
To serve				
Green peas	200	250	375	Grams

Allergens

*6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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)	3310 / 791
Fat (g)	37.5
of which saturates (g)	13.1
Carbohydrate (g)	60
of which sugars (g)	6.8
Fiber (g)	12.3
Protein (g)	59.8
Salt (g)	3.4

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



1 Prep chips

Preheat the oven to 220°C/200°C fan. Slice the **potatoes** (skins on) into chips. Add the chips to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the chips in the **oil** until coated. Roast in the oven for 30 min or until golden and crisp.



2 Prep vegetables

Meanwhile, grate the **Parmesan** cheese. Slice the **lemon** into wedges. Trim and finely slice the **spring onion**.



3 Make tartar sauce

Add the **mayonnaise**, **sour cream**, chopped **capers** and **spring onion** to a bowl with a pinch of **salt** and **pepper**. Squeeze half of the **lemon** into the bowl, mix everything up and set aside.



4 'Bread' fish

Add the all-purpose **flour**, grated **Parmesan** cheese and a pinch of **salt** to a shallow bowl or plate and mix them up. Crack the **eggs** into a separate bowl and whisk. First, dip the **cod fillets** into the whisked **eggs**, then coat them in the **Parmesan flour**.



5 Fry fish

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the 'breaded' **cod** and cook for 3-4 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **fillets** around too much while frying.



6 Cook peas

Meanwhile, add the **green peas** to a pot with a pinch of **salt** and cover with boiling water. Cook the **peas** over a medium heat for 3 min until tender. Drain. Serve the breaded **cod** alongside the chips, tartar sauce and drained **peas**. Garnish with a **lemon** wedge.