

Fish Fingers, Chips and Crudités

hellóchef

Skip the freezer section and make better fish fingers at home!

Cals 797 • Prot 57 • Carbs 85 • Fat 29

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🕒 cook: 60 min

R3167



Before you start

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

Ingredients

Fish fingers	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Parmesan 4*	30	45	60	Grams
Plain flour 10*, 11*	20	30	50	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Organic Eggs 5*	1	2	2	Piece
Soy sauce 9*, 10*, 11*	10	15	20	ML
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Paprika powder	2	2	4	Grams
Vegetable oil	2	3	4	Tbsp
Chips				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Sides				
Carrot	1	2	2	Piece
Cucumber	2	3	4	Piece
Garlic cloves	0.5	0.5	1	Piece
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Lemon	1	1	1	Piece
Salt	0.5	0.5	1	Tsp
Ketchup	40	40	80	Grams

Allergens

*6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *12 Lupin, *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)	3340 / 797
Fat (g)	29.1
of which saturates (g)	8.2
Carbohydrate (g)	85
of which sugars (g)	14.4
Fiber (g)	13.1
Protein (g)	56.6
Salt (g)	3

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



1 Bake chips

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **chips**. Add the **chips** to a baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until coated. Roast in the oven for 35 min or until browned.



4 Sides

Meanwhile, peel the **carrots**. Chop the **carrots** and **cucumber** into batons. Set aside.



2 Prep

Meanwhile, slice the **cod** into goujons. Grate the **Parmesan**. Add the **flour** to a shallow bowl and season with **salt** and **pepper**. Crack the **eggs** into a shallow bowl with the **soy sauce** and whisk. Add the **panko bread crumbs** to a third bowl and combine with the **Parmesan** and **paprika**.



5 Dip

Meanwhile, peel and mince the **garlic**. In a bowl, combine the **mayonnaise** with {0.5/0.5/1} tsp of the **garlic**, a squeeze of **lemon** juice and season with a pinch of **salt** and **pepper**.



3 Bake fish

Roll the **cod goujons** in the seasoned **flour**, then dip them in the **eggs** and finally coat them with the **panko**. Place them on a second lined baking tray and drizzle with **vegetable oil**. Bake for 25 min until golden and crispy.



6 Serve

Divide the **fish fingers**, **chips** and **crudités** among plates. Serve with the **garlic mayo**, **ketchup** and a squeeze of the remaining **lemon** if desired.