

Scampi and Chips

with Minty Peas and Tartare Sauce

hellóchef

A British seaside classic, made at home!

Cals 761 • Prot 41 • Carbs 81 • Fat 31

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🕒 cook: 40 min

R3226



Before you start

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

Ingredients

Scampi	2 ppl	3 ppl	4 ppl	
Jumbo prawns 7*	300	450	600	Grams
Plain flour 10*, 11*	20	30	50	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	90	120	200	Grams
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Vegetable oil	1	1	2	Tbsp
Chips				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Flaky sea salt	2	2	4	Grams
Tartare				
Capers	20	30	40	Grams
Mayonnaise 5*, 9*, 13*	24	24	50	Grams
Sour cream 4*	60	90	120	Grams
Lemon	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
Minted peas				
Fresh mint	10	10	20	Grams
Cream cheese 4*	80	120	160	Grams
Water	50	75	100	ML
Vegetable stock cube 15*	0.5	1	1	Piece
Green peas	250	250	500	Grams

Allergens

*7 Crustaceans, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *13 Mustard, *4 Milk, *15 Celery

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)	3182 / 761
Fat (g)	31.3
of which saturates (g)	13.8
Carbohydrate (g)	81
of which sugars (g)	7.8
Fiber (g)	13.4
Protein (g)	40.8
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 Bake chips

Preheat the oven to 200°C/180°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 fully coated. Bake for 30 min or until golden and crisp.



2 Bread prawns

Meanwhile, add the **plain flour**, **egg** and **panko bread crumbs** to three separate shallow bowls. Whisk the **eggs**. Add the **smoked paprika**, **salt** and **pepper** to the **flour**. One by one, pat the **prawns** dry and turn them in the seasoned **flour**, before dipping them in beaten **egg** and finally coating them in the **panko bread crumbs**. Refrigerate.



3 Make tartare

Chop the **capers** finely. In a bowl, combine the **mayonnaise**, **sour cream** with the chopped **capers**, a squeeze of **lemon** juice and a pinch of **salt**. This is your **tartare sauce**.



4 Make peas

Finely chop the **mint** leaves. Add the **mint** to a sauce pan along with the **cream cheese**, **measured water**, crumbled **stock cube** and **peas**. Simmer for 3 min to warm through. Add the lot to a food processor and blitz until smooth.



5 Fry scampi

Heat a non-stick pan over medium-high heat with a drizzle of **oil**. Once hot, add the breaded **prawns** and cook for 3 min on each side or until golden and crispy.



6 Serve

Serve the **scampi** and **chips** with the **tartare sauce** and minted **peas** to the side. Sprinkle the chips with a generous pinch of **flaky salt** and serve immediately.