

Classic British Fish and Chips

with Peas and Tartar Sauce

hellóchef

A classic, loved by many!

Cals 851 • Prot 46 • Carbs 92 • Fat 36

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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
Plain flour 10*, 11*	50	50	100	Grams
Corn starch	60	60	120	Grams
Baking powder	5	5	10	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Water	100	100	200	ML
Vegetable oil	5	8	10	Tbsp
Chips				
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Flaky sea salt	2	2	4	Grams
Peas				
Green peas	150	250	375	Grams
Butter 4*	20	30	50	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Tartar sauce				
Capers	20	30	40	Grams
Fresh dill	15	15	15	Grams
Lemon	1	2	2	Piece
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Dijon mustard 13*	6	9	12	Grams
Sour cream 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp

Allergens

*6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *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)	3556 / 851
Fat (g)	35.6
of which saturates (g)	12.8
Carbohydrate (g)	92
of which sugars (g)	6.2
Fiber (g)	13.9
Protein (g)	45.5
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 Roast chips

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **chips**. Add the **chips** to a lined baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **chips** in the **oil** until they are fully coated. Roast for 30 min or until golden and crisp.



2 Prep batter

Meanwhile, reserve {2/2/4} Tbsp of **flour** in a bowl and set aside. In a separate shallow bowl, whisk the remaining **flour**, **corn starch**, **baking powder**, **salt** and **pepper** with the cold **measured water** until smooth. Add an extra splash of water if needed – this is your **batter**. Refrigerate.

Tip! Using cold water makes the batter crispy and light when fried.



3 Make tartar sauce

Finely chop the **capers** and **dill**. Slice the **lemon** into wedges. In a small bowl combine the **capers**, **dill**, **mayonnaise**, **Dijon mustard**, **sour cream**, a squeeze of **lemon** and a pinch of **salt**. Set aside – this is your **tartar sauce**.

Tip! Adjust the tartar sauce to your liking.



4 Cook peas

Bring a pot of salted water to a boil. Add the **peas** and boil for 1 min. Drain the **peas** and return them to the pot with the **butter** and a pinch of **salt** and **pepper**. Cover to keep warm and set aside.



5 Fry cod

Slice the **cod** into {2/3/4} **fillets**. Add each **fillet** to the **flour** and turn to coat both sides. Heat a pan over a medium-high heat. Add enough **vegetable oil** to cover the bottom of the pan. Once hot, coat each **fillet** in the **batter**. Let the excess **batter** drip off, before placing the **fish** in the **oil**. Fry for 3-5 min on each side until crispy and golden. Drain the fried **cod** on kitchen paper.

Tip! Add extra oil to the pan between fillets if necessary.



6 Serve

Serve the **fish and chips** with the **buttered peas**, **tartar sauce**, and remaining **lemon wedges** to the side. Sprinkle the **chips** with the **flaky sea salt**.

Tip! Not into tartar? Service with ketchup instead.