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Healthy Crumbed Hoki with Chips & Garden Salad

Ah, crumbed fish with thick, chunky cut chips – is there anything better? Your oven-baked chips will take a little while in the oven, but the rest of this supper is whipped up in a matter of moments. After fixing a salad with a vinaigrette and cooking your crispy fish fillets, there's nothing left to do but sit back and relax!



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 2



seafood
first



nut free

Pantry Items



Olive Oil



Water



Dijon
Mustard



Egg



Potatoes



Parsley



Lemon



Mixed Salad
Leaves



Cucumber



Panko Breadcrumbs



Hoki



Aioli

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QTY	Ingredients
1 kg	potatoes, unpeeled & cut into 1 cm thick wedges
2 tbs	olive oil *
½ bunch	parsley, finely chopped
1	lemon, zested & juiced
2 tsp	Dijon mustard *
1 bag	mixed salad leaves, washed
1	cucumber, diced
1 packet	panko breadcrumbs
1	egg, lightly beaten *
1 tbs	water *
3 large fillets	hoki, sliced in half crossways
1 tub	aioli

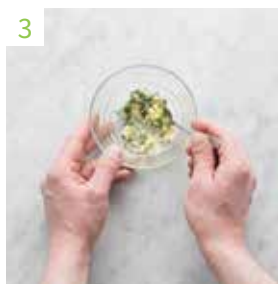
⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	1730	Kj
Protein	32.7	g
Fat, total	11	g
-saturated	1.8	g
Carbohydrate	42.6	g
-sugars	2.5	g
Sodium	179	mg



You will need: *chef's knife, chopping board, zester, two oven trays lined with baking paper, medium bowl, two shallow bowls and fish flip or spatula.*

1 Preheat the oven to **220°C/200°C** fan-forced.

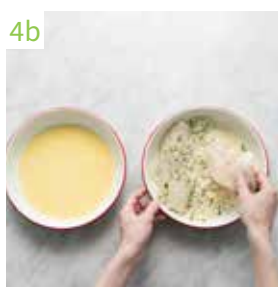
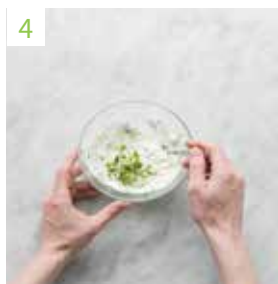
2 Toss the **potato** in half of the **olive oil** and place in a single layer on one of the prepared oven trays. Season generously with **salt** and **pepper**. Cook in the oven for **30-35 minutes**, or until golden and tender. Remove from the oven and toss with half of the **parsley**.

3 In a medium bowl combine the remaining olive oil, **lemon juice** and **Dijon mustard**. Add the **mixed salad leaves** and **cucumber** and toss to coat well. Set aside.

4 Meanwhile, combine the **panko breadcrumbs**, **lemon zest** and the remaining parsley in a shallow bowl. Season with salt and pepper. Place the **egg** and **water** in a separate shallow bowl. Season the **hoki fillets** with salt and pepper and then dip into the egg, letting the excess egg drip back into the bowl. Transfer the fish to the breadcrumb mixture and coat well. Place on the remaining prepared oven tray.

5 Brush or spray the crumbed fish fillets with a little olive oil. Add to the oven in the last **10 minutes** of the potato cooking time, or until golden.

6 To serve, divide the golden chips and crumbed fish between plates. Serve with the dressed garden salad and **aioli**.



Did you know? The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.