



PARMESAN AND PANKO CRUSTED FISH

with Potato Wedges and Creamed Leek



Cook a healthier take on crumbed fish



Potato



Thyme



Parmesan Cheese



Lemon



Panko Breadcrumbs



Grenadier



Leek



Zucchini



Garlic



Philadelphia Cream Cheese

Pantry Staples: Olive Oil

Hands-on: **25 mins**
Ready in: **30 mins**

Eat me early

F Low calorie

It's fish and wedges, but all jazzed up - the parmesan crust not only provides flavour but also keeps your fish lovely and moist, like batter but better! Oh, and the best bit - no seagulls to steal your potato wedges!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, fine grater, lemon zester, medium bowl, spoon, garlic crusher, large frying pan** and a **wooden spoon**.



1 BAKE THE POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potato** (unpeeled) into 1 cm thick wedges. Pick the **thyme** leaves. Add the potato wedges and **1/2** the thyme to an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake for **25-30 minutes**, or until tender.



2 MAKE THE PARMESAN CRUMB

While the potatoes are cooking, finely grate the **Parmesan cheese**. Zest the **lemon** and slice into wedges. In a medium bowl, combine the Parmesan, **panko breadcrumbs** (**use suggested amount**), the **remaining thyme** leaves, a **large pinch** of **lemon zest** and a **good drizzle** of **olive oil** and mix well.



3 BAKE THE FISH

Place the **grenadier** fillets on a second oven tray lined with baking paper and season both sides with **salt** and **pepper**. **Drizzle** with **olive oil** and spoon over the Parmesan crumb. Bake the fish on the top rung of the oven for **10-12 minutes**, or until the crust is golden brown and the fish is cooked through.

TIP: Fish is cooked through when the centre turns from translucent to white.



4 PREP THE VEGGIES

While the fish is cooking, finely slice the **leek**. Slice the **zucchini** into half-moons. Peel and crush the **garlic**.



5 COOK THE CREAMY GREENS

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat and add the **leek** and **zucchini**. Cook for **5 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Reduce the heat to low and stir through the **Philadelphia cream cheese**. Season to taste with a **pinch** of **salt** and **pepper** and remove from the heat.



6 SERVE UP

Divide the Parmesan and panko crusted fish, creamed greens and potato wedges between plates. Squeeze over the juice from the lemon wedges just before serving.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
thyme	1 bunch	1 bunch
Parmesan cheese	1 block (25 g)	1 block (50 g)
lemon	1	2
panko breadcrumbs	½ packet (½ cup)	1 packet (1 cup)
grenadier	1 packet	1 packet
leek	2	4
zucchini	2	4
garlic	1 clove	2 cloves
Philadelphia cream cheese	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1880kJ (448Cal)	268kJ (64Cal)
Protein (g)	36.9g	5.3g
Fat, total (g)	11.6g	1.7g
- saturated (g)	6.0g	0.9g
Carbohydrate (g)	43.0g	6.1g
- sugars (g)	8.8g	1.3g
Sodium (g)	315mg	45mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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