



# Ultimate Fish and Chips

with broccoli and parsley lemon mayo

Family 45-50 mins • Eat me first

4



Hake



Potatoes



Lemon



Parsley



Breadcrumbs



Garlic



Mint



Broccoli



Aioli



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, zester

## Ingredients

|             | 2P       | 4P        |
|-------------|----------|-----------|
| Hake        | 250 g    | 500 g     |
| Potatoes    | 3 units  | 6 units   |
| Lemon       | 1 unit   | 2 units   |
| Parsley     | 5 g      | 10 g      |
| Breadcrumbs | 1 pack   | 1 pack    |
| Garlic      | 1 unit   | 2 units   |
| Mint        | 5 g      | 10 g      |
| Broccoli    | 1 unit   | 1 unit    |
| Aioli       | 1 sachet | 2 sachets |

## Nutrition

|                                 | Per serving            | Per 100g              |
|---------------------------------|------------------------|-----------------------|
| <b>for uncooked ingredients</b> | <b>645 g</b>           | <b>100 g</b>          |
| Energy (kJ/kcal)                | 2870.2 kJ/<br>686 kcal | 445 kJ/<br>106.4 kcal |
| Fat (g)                         | 26.9 g                 | 4.2 g                 |
| Sat. Fat (g)                    | 3.1 g                  | 0.5 g                 |
| Carbohydrate (g)                | 78.6 g                 | 12.2 g                |
| Sugars (g)                      | 7.2 g                  | 1.1 g                 |
| Protein (g)                     | 35.6 g                 | 5.5 g                 |
| Salt (g)                        | 2.6 g                  | 0.4 g                 |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



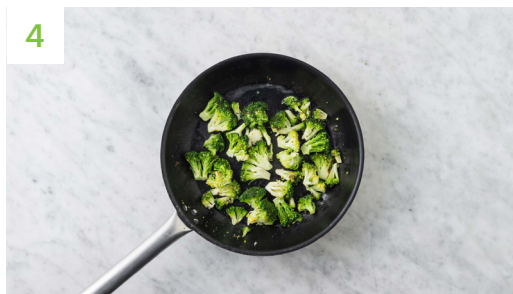
You can recycle me!



## Cook the Chips

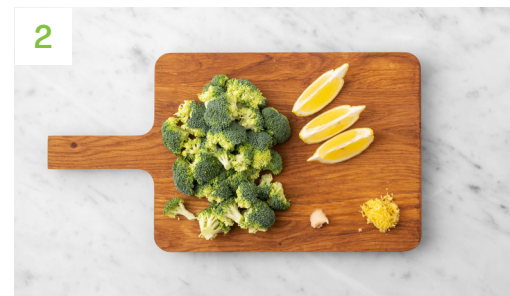
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Cut the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (no need to peel).
- Pop onto a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat then spread out in a single layer.
- Roast on the top shelf of the oven until golden, 25-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



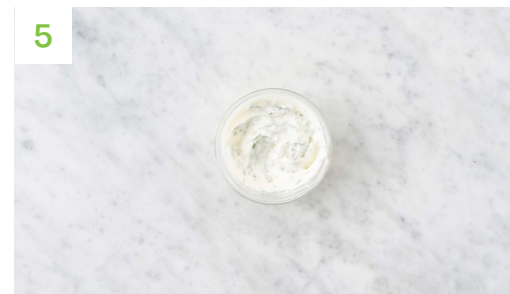
## Fry the Broccoli

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** for 2-3 mins.
- Add the **garlic**, lower heat to medium and cook for 1 min.
- Add a splash of **water** and cover with a lid or foil. Cook until tender, 4-5 mins.
- Once cooked, stir in chopped **mint**.



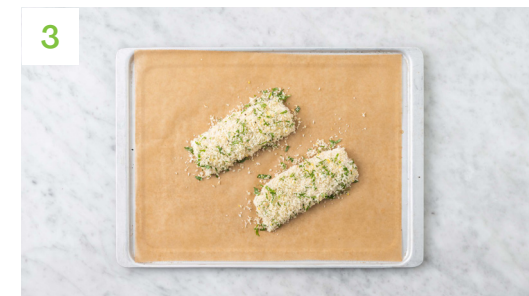
## Get Prepped

- Meanwhile, zest then chop the **lemon** into thick wedges.
- Finely chop the **parsley** (stalks and all).
- In a bowl, mix **lemon** zest, **breadcrumbs**, 1 tbsp **oil** (double for 4p), **half** the **parsley** and a pinch of **salt** and **pepper**.
- Chop the **broccoli** into florets. Halve any larger florets.
- Peel and grate **garlic** (or use a garlic press). Pick **mint** leaves from stalks and roughly chop (discard the stalks).



## Make the Aioli

- While the **broccoli** cooks, mix the remaining **parsley** and remaining **aioli** in a small bowl.
- Season with **salt**, **pepper** and **lemon** juice—all to taste!



## Bake the Hake

- Lay the **hake** onto its own (lined) baking tray. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Spread **half** the **aioli** over the top of your **hake** fillets.
- Spoon on the **breadcrumb** mixture, pressing it down to adhere. Drizzle with **oil**.
- When chips are halfway cooked, pop the breaded **hake** on the middle shelf and bake for 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.

**TIP:** Keep an eye on it so it doesn't burn!



## Plate Up

- When everything is ready, plate up your **hake**, **broccoli** and chips.
- Finish with a dollop of **lemon parsley aioli**.
- Serve any remaining **lemon** wedges alongside.

**Enjoy!**