



# Ultimate Fish and Chips

with broccoli and parsley lemon mayo

Calorie Smart 45-50 mins • Eat me first

11



Hake



Garlic



Potatoes



Parsley



Mayo



Lemon



Broccoli



Mint



Breadcrumbs

Pantry Items: Oil, Salt, Pepper, Water, Flour

## Before you start

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

## Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Colander, Pan with Lid

## Ingredients

	2P	4P
Hake	250 g	500 g
Garlic	1 unit	2 units
Potatoes	400 g	800 g
Parsley	10 g	20 g
Mayo	2 sachets	4 sachets
Lemon	1 unit	2 units
Broccoli	½ unit	1 unit
Mint	10 g	20 g
Breadcrumbs	1 pack	1 pack

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	472.5 g	100 g
Energy (kJ/kcal)	1817.7 kJ/ 434.4 kcal	384.7 kJ/ 91.9 kcal
Fat (g)	11.1 g	2.3 g
Sat. Fat (g)	1 g	0.2 g
Carbohydrate (g)	52.7 g	11.2 g
Sugars (g)	4.5 g	1 g
Protein (g)	31.5 g	6.7 g
Salt (g)	0.5 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

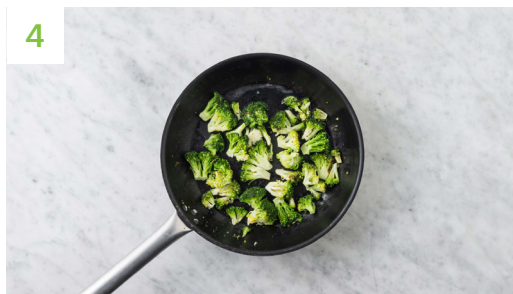
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### Prep the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour a glug of **oil** onto a baking tray (to coat the bottom) and pop into your oven to heat.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (no need to peel). Add the **potatoes** to the boiling water and cook until fork tender, 5-6 mins.

**TIP:** If you're in a hurry you can boil the water in your kettle.



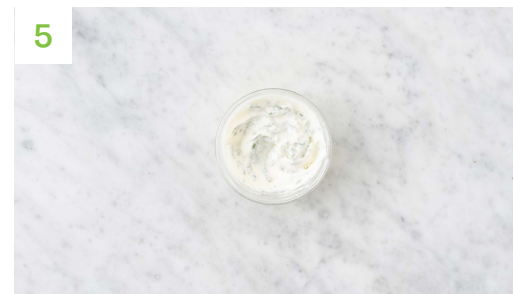
### Fry the Broccoli

- Meanwhile, cut half the **broccoli** (double for 4p) into florets. Halve larger florets.
- Peel and grate **garlic** (or use a garlic press). Pick **mint** leaves from stalks and roughly chop (discard the stalks).
- Heat a drizzle of **oil** in a pan on high heat.
- Once hot, fry chopped **broccoli** for 2-3 mins. Add **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. Stir in chopped **mint**.



### Bread the Hake

- Meanwhile, zest and halve the **lemon**. Finely chop the **parsley** (stalks and all) and put half in a medium bowl.
- Add **lemon zest**, **breadcrumbs** and 1 tbsp **oil** (double for 4p). Mix and add **salt** and **pepper**.
- Lay the **hake** onto a separate (lined) baking tray.
- **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Spread half the **mayo** over the top of the **fish**. Spoon on the **breadcrumb** mixture, pressing it down with a spoon. Drizzle with **oil** and set aside.



### Make the Mayo

- In a bowl mix the remaining **parsley** and **mayo**.
- Season to taste with **salt**, **pepper** and **lemon** juice.
- Chop any remaining **lemon** into wedges.



### Cook the Chips

- Once chips are done, drain in a colander and pop back into the pot. Toss in **salt** and 1 tbsp **flour** (double for 4p).
- Carefully remove the tray from the oven. Add the chips to the tray and carefully toss to coat in the **oil**.
- Roast on the middle shelf of the oven until golden, 25-30 mins. Turn halfway through.
- When halfway cooked, pop the **fish** on the top shelf of the oven and bake for 10-15 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



### Plate Up

- When everything is ready, serve up your ultimate **fish** and chips with the **broccoli** alongside.
- Finish with a dollop of **lemon parsley mayo** and **lemon** wedges.

Enjoy!