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WK16  
2016



## Rainbow Fish & Chips with Dill & Parsley Mayonnaise

The key to great fish and chips is a good quality fillet of fish and all the classic trimmings – crispy spuds, some fresh greens and a tangy mayonnaise. We think these sweet potato chips and sugar snap peas are a delicious idea, perfect for giving everyone’s beachy favourite plenty of colour and goodness.



**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins



level 2



helping hands



seafood first

### Pantry Items



Olive Oil



Plain Flour



Butter



Sweet Potato



Lemon



Grenadier Fillets



Sugar Snap Peas



Dill & Parsley  
Mayonnaise

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## QTY

## Ingredients

800 g	sweet potatoes, unpeeled & cut into rounds
2 tbs	olive oil *
1	lemon, zested & cut into wedges
¼ cup	plain flour *
600 g	Grenadier fillets, cut into thick strips 
1 tbs	butter *
300 g	sugar snap peas, trimmed & destring 
1 tub	dill & parsley mayonnaise

 Ingredients features in another recipe

\* Pantry Items

 Pre-preparation

### Nutrition per serve

Energy	2250	Kj
Protein	37.8	g
Fat, total	24.8	g
-saturated	4.9	g
Carbohydrate	39	g
-sugars	14.3	g
Sodium	210	mg

**Disclaimer:** Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe. We may substitute sugar snap peas for snow peas as unpredictable weather conditions may affect market supply.



**You will need:** chef's knife, chopping board, zester, oven tray lined with baking paper, small bowl, plastic bag, plate, paper towel, spatula, medium frying pan, small saucepan and a strainer.

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **sweet potato** in half the **olive oil** and place on the prepared tray in a single layer. Season with **salt** and **pepper** and cook in the oven for **30-35 minutes** or until golden and tender.

**3** Place the **lemon zest** and **plain flour** in a plastic bag and season generously with salt and pepper. Add the **Grenadier strips** to the bag and toss around until the fish is completely covered in the mixture. Heat the **butter** and remaining olive oil in a large frying pan over a medium heat. Add the fish and cook gently on each side for **3 minutes** until the fish turns nut brown and is cooked through. Place the fish on a plate lined with paper towel.

**4** Meanwhile, bring a small saucepan of water to the boil. Add the **sugar snap peas** and cook for **1-2 minutes** or until just tender. Drain.

**5** To serve, divide the fish, sweet potato chips and sugar snap peas between plates. Serve with the **dill & parsley mayonnaise** and the **lemon wedges**.



**Did you know?** The world's oldest fish and chips shop can be found in Leeds, and is believed to have served the dish since 1865.