



Garlic & Herb Crumbed Fish Fingers

with Garden Salad & Wedges

Grab your Meal Kit with this symbol



Potato



Cherry Tomatoes



Carrot



White Fish Fillets



Panko Breadcrumbs



Garlic & Herb Seasoning



Mixed Salad Leaves



Garlic Aioli

- Hands-on: **20 mins**
- Ready in: **35 mins**
- Eat me first

Take our word for it – once you've had homemade fish fingers, you'll never look back. Served with oven baked potato wedges and a garden salad, you'll be throwing yourself at this dish before it's even hit the dinner table!

Pantry items
Olive Oil, Plain Flour, Eggs, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
cherry tomatoes	1 punnet
carrot	1
white fish fillets	1 packet
plain flour*	3 tbs
eggs*	2
panko breadcrumbs	2 packets
garlic & herb seasoning	2 sachets
balsamic vinegar*	1 tbs
mixed salad leaves	1 bag (60g)
garlic aioli	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2470kJ (589Cal)	447kJ (107Cal)
Protein (g)	41.4g	7.5g
Fat, total (g)	18.1g	3.3g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	61.2g	11.1g
- sugars (g)	9.6g	1.7g
Sodium (g)	879mg	159mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm wedges. Place the wedges on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2. Prep the veggies

While the wedges are baking, halve the **cherry tomatoes**. Grate the **carrot** (unpeeled). Cut the **white fish fillets** into 2cm strips.



3. Crumb the fish

In a shallow bowl, add the **plain flour**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, combine the **panko breadcrumbs** and **garlic & herb seasoning**. Season with a **pinch of pepper**. Dip the **fish** into the **plain flour**, followed by the **egg**, and finally in the **panko mixture**. Set aside on a plate.



4. Cook the fish

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **fish** fingers and cook until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fish**.

TIP: Add extra oil if needed so the fish doesn't stick to the pan.

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



5. Make the salad

While the fish is cooking, combine **2 tsp olive oil** and the **balsamic vinegar** in a medium bowl. Add the **mixed salad leaves**, **carrot** and **cherry tomatoes** and season with a **pinch of pepper**. Toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the mixed salad, garlic-herb crumbed fish fingers and wedges between plates. Serve with the **garlic aioli**.

Enjoy!