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Rainbow Fish & Chips

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 herby mayonnaise. We think these sweet potato chips and snow peas are a delicious idea, perfect for giving everyone's beachy favourite plenty of colour and goodness. The result is a fish n chips that will beat a beach takeaway any day of the week.



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 1



protein



low sodium



seafood first







Olive Oil Plain Flour





Sweet Potato



Dill & Parsley Mayonnaise



Lemon



White Fish Fillets



Snow Peas

2P	4P	Ingredients	
400 g	800 g	sweet potato, skin on & cut into 5 mm thick i	rounds
1 tbs	2 tbs	olive oil *	
2 tbs	4 tbs	plain flour *	
1/2	1	lemon, zested & cut into wedges	
320 g	640 g	white fish fillets, cut into thick strips	Α
2 tsp	1 tbs	butter *	
100 g	200 g	snow peas, trimmed & destrung	В
2 tbs	4 tbs	dill & parsley mayonnaise	

May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2290	Kj
Protein	39.1	g
Fat, total	25.7	g
-saturated	5.1	g
Carbohydrate	38.3	g
-sugars	13.6	g
Sodium	222	mo

Measuretool

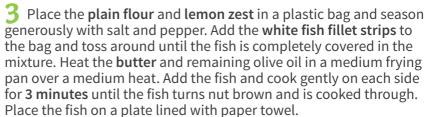
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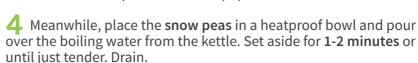
Disclaimers: We may substitute snow peas for sugar snap peas as unpredictable weather conditions may affect market supply. Please note, sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



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

- Preheat the oven to 200°C/180°C fan forced. Bring a kettle of water to the boil.
- 2 Toss the **sweet potato** in half of the **olive oil** and place on the prepared oven tray in a single layer. Season with **salt** and **pepper** and cook in the oven for **30 minutes** or until golden and tender.













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