



Everything
But The Chef

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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
 high protein
 seafood first

level 1
 low sodium

Pantry Items



Olive Oil



Plain Flour



Butter



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 rounds
1 tbs	2 tbs	olive oil *
2 tbs	4 tbs	plain flour *
½	1	lemon, zested & cut into wedges
320 g	640 g	white fish fillets, cut into thick strips
2 tsp	1 tbs	butter *
100 g	200 g	snow peas, trimmed & destrung
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	mg

Measuretool

0 cm	1 cm	2 cm

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.

1 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.



3 Place the **plain flour** and **lemon zest** in a plastic bag and season generously with salt and pepper. Add the **white fish fillet 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 medium 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, place the **snow peas** in a heatproof bowl and pour over the boiling water from the kettle. Set aside for **1-2 minutes** or until just tender. Drain.

5 To serve, divide the fish, sweet potato chips and snow 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 continually served the dish since 1865.