



OCT
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Lemony Fish & Chips

with Yogurt Tartar Sauce

The key to great fish and chips is a good quality fillet of fish and a delicious dip. We've created our own yogurt-based tartar sauce, and are sharing our delicious blend with you! Roasted sweet potatoes add a hit of sweetness and a dose of beta-carotene, essential for good eye health!



Prep
35 min



level 1



make me
first



Cod Fillets



Sweet Potato



Lemon



Snow Peas



Yogurt Tartar
Sauce



All-Purpose
Flour



Mayonnaise

Ingredients

		4 People
Cod Fillets	1)	2 pkg (570 g)
Sweet potatoes, ½-in sliced		1 pkg (680 g)
Lemon		1
Snow Peas		1 pkg (227 g)
Yogurt Tartar Sauce	2)	1 pkg (⅓ cup)
Mayonnaise	4) 5)	1 tbsp
All-Purpose Flour	3)	1 pkg (¼ cup)
Butter*	2)	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Milk/Lait
- 3) Wheat/Blé
- 4) Eggs/Oeufs
- 5) Soy/Soja

Tools

Zester, 2 Baking Sheets, Small Bowl, Large Non-Stick Pan, Strainer, Re-sealable Bag, Measuring Spoons

Ruler

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Nutrition per person Calories: 421 cal | Fat: 6g | Protein: 33g | Carbs: 43g | Fibre: 7g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your oven to 400°F. (To roast the veggies.) Start prepping when your oven comes up to temperature!

2 Prep and bake the veggies: **Wash and dry all produce.** Trim the ends off the **snow peas**. Arrange **sweet potatoes** in a single layer over one baking sheet with a drizzle of **oil**. Toss the **snow peas** with a drizzle of **oil** on another baking sheet. Season both with **salt**. Bake in the centre of oven, flipping veggies halfway through baking, until golden-brown, 23-28 min. (**TIP:** Keep your eye on the snow peas, as they may be done before the potatoes.)



3 Meanwhile, zest, then cut the **lemon** into wedges. Pat dry the **fish** with paper towels, then cut into 1-inch thick strips.

4 Combine the **lemon zest** and **flour** in a re-sealable plastic bag and season with **salt** and **pepper**. Add the **fish** to the bag and toss around until the **fish** is completely covered in the mixture. (**TIP:** Alternatively, you can do this in a shallow dish!)



5 Cook the fish: Melt the **butter** with a drizzle of **oil** in a large non-stick pan over medium heat. Add the **fish**. Fry until the fish turns golden-brown and is cooked through, 3 min per side. Transfer to a paper towel-lined plate.



6 Finish and serve: Stir in as much **mayonnaise** as you would like into the **tartar sauce** (**TIP:** the less you add, the more healthy the dip is!) Divide the **fish**, **sweet potatoes** and **snow peas** between plates. and the **lemon wedges**. Enjoy!

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