

for the
little onesfish
NuggetsPotato wedges
& aioli

fish & chips



35 minutes



4 servings



fish

Crunchy panko fish fillets served with golden wedges, salad and a fresh lemon aioli for dipping.

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FROM YOUR BOX

MEDIUM POTATOES	800g
LEMON	1
AIOLI	100g
BABY COS LETTUCE	1
CHERRY TOMATOES	1 packet (200g)
YELLOW CAPSICUM	1
PANKO CRUMBS	1 packet (80g)
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil/butter for cooking, salt, dried oregano

COOKING TOOLS

oven tray, large frypan

Cook the fish in your air fryer if you like! Enjoy the crumbed fish in burgers, wraps or tacos to switch it up!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – panko is replaced with GF cornflakes. Crush to use.



1. Roast the Potatoes

Set oven to 220C° and line an oven tray with baking paper. Cut potatoes into chips or wedges. Toss with **oil** and **salt**. Roast in the oven for 25 minutes or until golden and tender.

tip Add 2 tsp of dried herbs to the chips, such as rosemary or oregano!



4. CRUMB the fish

Spread crumbs in a bowl or on a plate. Halve fish fillets and toss with **oil**, **1 tsp dried oregano** and **salt**. Press fish into crumbs to coat.

tip Rinse fish fillets in cold water before slicing. Cut into smaller nuggets if that works better for your family.



2. Make the Lemon aioli

Zest lemon to yield 1-2 tsp. Stir to combine with aioli and juice from 1/2 lemon. Set aside in the fridge.

tip Serve the aioli plain, or mix it with 1-2 tsp dried tarragon, smoked paprika, or crushed garlic instead!



5. cook the fish

Heat a large frypan with **3 tbsp oil** or **butter** over medium-high heat. Add crumbed fish and cook for 3-4 minutes on each side or until golden and cooked through.

tip Cook in batches if needed. We used a mix of oil and butter for frying.



3. PrePaRe the SaLaD

Trim and rinse lettuce, cut into quarters. Halve cherry tomatoes and slice capsicum. Cut remaining lemon into wedges. Arrange on a plate.

tip Chop lettuce and toss everything into a salad if you like! Drizzle with your favourite dressing.



6. fInISH AND SERVe

Serve crumbed fish and chips with lemon aioli and salad ingredients.