




Baked Fish & Oven Chips

with Minty Peas & Homemade Tartar Sauce

 30-40min  2 Servings

Tilapia is a flaky, white fish with a mild flavor. Here, we give these fillets a lightened-up fish and chips treatment by coating them with panko, which gets crisp in the oven. We serve it alongside oven fries, tangy homemade tartar sauce, and buttery peas with fresh mint for a well-balanced plate.

What we send

- 2 Yukon gold potatoes
- 1 lemon
- 2 oz cornichon ¹⁷
- garlic
- ¼ oz fresh dill
- 1 oz panko ¹
- 2 oz mayonnaise ^{3,6}
- 10 oz pkg tilapia ⁴
- ¼ oz fresh mint
- 5 oz peas

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- rimmed baking sheet
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 48g, Carbs 55g, Protein 36g



1. Prep ingredients

Preheat oven to 425°F with a rack in the lower third. Scrub **potatoes**, then slice into ½-inch thick wedges. Finely grate **zest of 1 lemon** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Finely chop **pickles**. Finely chop **2 teaspoons garlic**. Finely chop **dill fronds and tender stems**.



4. Prepare fish

Pat **tilapia** dry and season all over with **salt** and **pepper**. Spoon **2 teaspoons tartar sauce** over one side of each fillet. Sprinkle **toasted panko** over top and press to adhere.



2. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **2 tablespoons oil**; season with **salt** and **pepper**. Spread into an even layer. Roast on lower oven rack until golden brown, 20-25 minutes.



5. Bake fish

Flip **potatoes** and push to one side of baking sheet. Place **tilapia fillets**, panko side up, on the open side and return to oven. Bake on lower oven rack until fish is cooked through and potatoes are deeply golden and crisp, about 10 minutes more.



3. Make sauce & breadcrumbs

Meanwhile, heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **panko** and toast, stirring frequently, until golden brown, 2-3 minutes. Transfer to a bowl; reserve skillet for step 6. To bowl with **lemon zest and juice**, add **mayonnaise**, **chopped garlic**, **pickles**, and **2 tablespoons of the dill**; stir to combine. Season to taste with **salt** and **pepper**.



6. Cook peas & serve

Meanwhile, pick **mint leaves** from stems. Heat **1 tablespoon butter** in reserved skillet over medium-high. Add peas; season with **salt** and **pepper**. Cook until warmed through, 2-3 minutes. Remove from heat and stir in mint leaves. Serve **fish** alongside **potatoes** and **peas** with **remaining tartar sauce** and **any lemon wedges** on the side. Garnish with **remaining dill**. Enjoy!