



Baked Fish & Oven Chips with Minty Peas:

Gastropub at Home



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 these fillets with panko, which gets crisp in the oven. We serve it with oven fries, tangy homemade tartar sauce, and buttery peas with fresh mint for a well-balanced plate.

What we send

- 14 oz Yukon gold potatoes
- 1 lemon
- 1 dill pickle
- garlic
- ¼ oz fresh dill
- 1 oz panko ^{1,6}
- 4 oz mayonnaise ^{3,6}
- 10 oz 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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 950kcal, Fat 68g, Carbs 57g, Proteins 37g



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 **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Finely chop **pickle**. Finely chop **2 teaspoons garlic**. Finely chop **dill fronds and 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** on top and press to adhere.



2. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **2 tablespoons oil**, and 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 other side and return to oven. Bake on lower oven rack until fish is cooked through and potatoes are golden, about 10 minutes more.



3. Make sauce & breadcrumbs


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 and reserve skillet for step 6. To bowl with **lemon zest and juice**, add **mayonnaise, garlic, pickles**, and **2 tablespoons of the dill**; stir to combine. Season **tartar sauce** 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**