



Mediterranean Fish & Roast Pumpkin Salad

with Greens & Balsamic Dressing

NEW | DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Smooth Dory Fillets

Recipe Update
Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with green beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins



Carb Smart



Eat Me First

Dishes from the Mediterranean are known for being fresh and light, so let's take a page out of their recipe book and add it to our own archive. Cook up fish in a garlic and herb seasoning, served on top of a roast pumpkin salad, speckled with pumpkin seeds and drizzled in a balsamic and olive oil dressing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
garlic	1 clove	2 cloves
green beans	1 bag (100g)	1 bag (200g)
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
pumpkin seeds (pepitas)	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
balsamic & olive oil dressing (25ml)	1 packet	2 packets (50ml)
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1526kJ (364Cal)	316kJ (75Cal)
Protein (g)	26.6g	5.5g
Fat, total (g)	20.1g	4.2g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	20.6g	4.3g
- sugars (g)	12.8g	2.7g
Sodium (mg)	649mg	134mg
Dietary Fibre (g)	5.5g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2006kJ (479Cal)	322kJ (76Cal)
Protein (g)	42.3g	6.8g
Fat, total (g)	25.8g	4.1g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	21g	3.4g
- sugars (g)	13.3g	2.1g
Sodium (mg)	758mg	122mg
Dietary fibre	5.5g	0.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**. Place **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the fish

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: White fish is cooked through when the centre turns from translucent to white.

TIP: Add extra oil between batches if needed so the fish doesn't stick to the pan

Custom Recipe: Cook your fish in batches for the best results.

2



Get prepped

- Meanwhile, finely chop **garlic**. Trim **green beans**.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person. In a medium bowl, gently combine **fish, garlic & herb seasoning** and a drizzle of **olive oil**. Set aside.
- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.

Custom Recipe: If you've doubled your smooth dory fillets, prep and flavour fish in the same way as above.

5



Toss the salad

- To the bowl of **green beans**, add **roasted pumpkin, baby spinach leaves, balsamic & olive oil dressing**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Gently toss to combine.

3



Cook the green beans

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl.

6



Serve up

- Divide roast pumpkin salad between bowls. Top with Mediterranean fish.
- Garnish salad with toasted pumpkin seeds to serve. Enjoy!

Rate your recipe

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