



# Tuscan-Style Fish & Roast Veggie Toss

with Tartare Sauce

NEW

Grab your Meal Kit with this symbol



Potato



Beetroot



Onion



Pumpkin Seeds (Pepitas)



Gemfish Fillets



Tuscan Herb Seasoning



Baby Spinach Leaves



Tartare Sauce



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

Calorie Smart

Eat Me First

Simplicity goes a long way in a dish, take this one here - seared white fish in a herby Tuscan seasoning and a roast veggie toss. That's all you need to experience a medley of flavour and if you like (which we know you will), drizzle over a tartare sauce.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
beetroot	1	2
onion	1 (medium)	1 (large)
pumpkin seeds (pepitas)	1 sachet	2 sachets
gemfish fillets	1 packet	2 packets
Tuscan herb seasoning	1 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
tartare sauce	1 packet (40g)	2 packets (80g)
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2211kJ (528Cal)	403kJ (96Cal)
Protein (g)	27.2g	5g
Fat, total (g)	24.7g	4.5g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	49.4g	9g
- sugars (g)	22g	4g
Sodium (mg)	721mg	131mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	437kJ (104Cal)
Protein (g)	44g	7.7g
Fat, total (g)	24.7g	4.3g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	49g	8.6g
- sugars (g)	21.5g	3.8g
Sodium (mg)	710mg	125mg

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](https://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

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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **beetroot** into small chunks. Slice **onion** into thick wedges.



## Flavour the fish

- Discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **fish**, **Tuscan herb seasoning** and a drizzle of **olive oil**. Gently turning **fish** to coat.

**Custom Recipe:** If you've swapped from fish to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Season as above.



## Roast the veggies

- Place **potato**, **beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**.



## Cook the fish

- When the veggies have **10 minutes** remaining, return the frying pan to medium-high heat with a generous 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.
- To the tray with the **roasted veggies**, add **baby spinach leaves** and a drizzle of **vinegar**. Toss to combine.

**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:** Reheat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Set aside. Continue with step.



## Toast the pumpkin seeds

- Meanwhile, heat a large frying pan over medium-high heat. Toast **pumpkin seeds** until golden, **3-4 minutes**. Transfer to a bowl.



## Serve up

- Divide roast veggie toss between bowls. Top with Tuscan-style fish.
- Sprinkle over toasted pumpkin seeds and dollop with **tartare sauce** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)