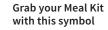


# Tuscan-Style Fish & Roast Veggie Toss

with Tartare Sauce

NEW

















Tuscan Herb

Seasoning

**Tartare Sauce** 

Gemfish Fillets



**Baby Spinach** 



Leaves





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

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.

**Pantry items** 

#### 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	
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	
vinegar* (white wine or balsamic)	drizzle	drizzle	
tartare sauce	1 packet (40g)	2 packets (80g)	
chicken breast**	1 packet	1 packet	
* Double Itama ** Custom Pasing Ingradient			

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





# 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.



# 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.



# 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.



#### 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.



## 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.



# 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

We're here to help!