



# Pan-Fried Dory & Herby Brown Butter Sauce

with Parmesan Mash, Greens & Almonds

GOURMET PLUS

Grab your Meal Kit with this symbol



Moemoe Potato



Grated Parmesan Cheese



Baby Broccoli



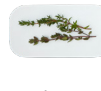
Cavolo Nero Kale



Roasted Almonds



Lemon



Thyme



Garlic



John Dory Fillets



Chilli Flakes (Optional)

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me First

There's treasure to be found in the ocean and we've brought some up from the deep just for you. Plate up these dory fish fillets with a thyme butter sauce that can be soaked up in the Parmesan mashed potatoes. Tonight is a luxurious dinner that everyone will be falling in love with.

### Pantry items

Olive Oil, Butter, Milk



## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
Moemoe potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
<b>butter*</b> (for the mash)	20g	40g
<b>milk*</b>	2 tbs	¼ cup
baby broccoli	1 bag	1 bag
cavolo nero kale	1 bag	1 bag
roasted almonds	1 packet	2 packets
lemon	½	1
thyme	1 bag	1 bag
garlic	2 cloves	4 cloves
John dory fillets	1 packet	2 packets
<b>butter*</b> (for the sauce)	40g	80g
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2877kJ (687Cal)	538kJ (128Cal)
Protein (g)	46.7g	8.7g
Fat, total (g)	38.7g	7.2g
- saturated (g)	14.1g	2.6g
Carbohydrate (g)	38g	7.1g
- sugars (g)	14.1g	2.6g
Sodium (mg)	1306mg	244mg

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.

## Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW29



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## Make the mash

- Boil the kettle. Half-fill a medium saucepan with boiling water and a generous pinch of **salt**.
- Peel **Moemoe potato** and cut into large chunks.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **17-20 minutes**. Drain and return to the pan.
- Add **grated Parmesan cheese, butter (for the mash)** and the **milk**. Season with **salt** and **pepper**. Mash until smooth. Cover to keep warm.

4



## Cook the fish

- Discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person. Season **fish** on both sides.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **fish** on one side, until just cooked through, **2-3 minutes**.

2



## Get prepped

- Meanwhile, halve any thick stalks of **baby broccoli** lengthways. Roughly chop **cavolo nero kale** and **roasted almonds**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- Pick **thyme** leaves. Finely chop **garlic**.

5



## Add the herby butter sauce

- Flip the **fish**, then add **butter (for the sauce), garlic** and **thyme** to the pan. Cook until butter is beginning to brown and fish is cooked through, **2-3 minutes**.
- Remove the pan from heat, then add **lemon zest**, a squeeze of **lemon juice** and a pinch of **chilli flakes** (if using).
- Season with **pepper** and gently turn **fish** to coat.

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

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until tender, **5-6 minutes**.
- Add **kale** and cook until softened, **2-3 minutes**.
- Season to taste, then transfer to a bowl and cover to keep warm.

6



## Serve up

- Divide Parmesan mash between plates.
- Top with greens and pan-fried John dory.
- Spoon over herby brown butter sauce and garnish with almonds.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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