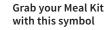


# Herbed Fish & Lemon Butter Sauce

with Zesty Potato Chunks & Tartare Sauce

CLIMATE SUPERSTAR















Carrot







Lemon

Gemfish Fillets



Garlic & Herb



Seasoning

Spinach & Rocket

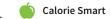


**Tartare Sauce** 



Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me First



Tender pan-seared fish never fails to satisfy! It has all the familiar tastes of home cooking at its finest, plus a buttery lemon sauce and a side of easy roast potatoes which make up the perfect accompaniments to this tasty dinner.



# 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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zesty chilli salt	1 sachet	2 sachets
carrot	1	2
cucumber	1 (medium)	1 (large)
lemon	1/2	1
gemfish fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	30g	60g
spinach & rocket mix	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet
gemfish fillets**	1 packet	2 packets

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2219kJ (530Cal)	385kJ (92Cal)
Protein (g)	22.2g	3.8g
Fat, total (g)	28.7g	5g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	45.3g	7.9g
- sugars (g)	18g	3.1g
Sodium (mg)	857mg	149mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	377kJ (90Cal)
Protein (g)	37.9g	5.3g
Fat, total (g)	34.5g	4.8g
- saturated (g)	10.5g	1.5g
Carbohydrate (g)	45.7g	6.4g
- sugars (g)	18.5g	2.6g
Sodium (mg)	967mg	135mg

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.





#### Roast the potato

- Preheat oven to 240°C/220°C fan-forced. Cut potato into bite-sized chunks.
- Place potato 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.
- When the **potatoes** are done, add **zesty chilli salt** and toss to combine.



#### Cook the fish

- When potatoes have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Season fish on both sides with salt and pepper.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes**
- Add the butter, lemon zest and a squeeze of lemon juice and cook until
  melted, 1-2 minutes. Transfer to a paper towel-lined plate.

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

**Custom Recipe:** If you've doubled your white fish, cook in batches for best results. Return all fish to the pan, then add the butter, lemon zest and a squeeze of lemon juice. Continue as above.



# Get prepped

- Meanwhile, grate carrot and thinly slice cucumber into rounds. Zest lemon to get a pinch, then slice into wedges.
- Discard any liquid from gemfish fillet packaging. Slice fish in half crossways to get 1 piece per person.
- Place fish on a plate and sprinkle over garlic & herb seasoning on each side.



# Serve up

- In a medium bowl, combine **spinach & rocket mix**, carrot, cucumber, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide herbed fish, zesty potato chunks and carrot salad between plates.
- Pour any remaining lemon butter sauce from the pan over fish.
- Serve with tartare sauce. Enjoy!

We're here to help!