



Mediterranean John Dory & Pesto Roast Veggies

with Balsamic Cherry Tomato Sauce

GOURMET

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Tinned Cherry Tomatoes



Flaked Almonds



John Dory Fillets



Chilli Flakes (Optional)



Rocket Leaves



Basil Pesto

Prep in: 30-40 mins
Ready in: 35-45 mins

Carb Smart

Eat Me First

This dish could have swam out of the Mediterranean Sea if we weren't sure it actually came straight from your own kitchen. The caramelised blistered tomatoes make a juicy sauce for the fresh seared fish. Serve with a basil pesto salad and sprinkle over some almonds and you'll swear you were having dinner on the beach.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

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
carrot	1	2
garlic	2 cloves	4 cloves
tinned cherry tomatoes	½ tin	1 tin
flaked almonds	1 packet	2 packets
John dory fillets	1 packet	2 packets
butter*	20g	40g
chilli flakes (optional)	pinch	pinch
balsamic vinegar*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
rocket leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2459kJ (588Cal)	445kJ (106Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	31.4g	5.7g
- saturated (g)	10.7g	1.9g
Carbohydrate (g)	34g	6.2g
- sugars (g)	10.9g	2g
Sodium (mg)	451mg	82mg
Dietary Fibre (g)	8g	1.4g

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.

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 | CW36



1



Roast the potato & carrot

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** 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

- Discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Return the frying pan to 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** each side. Transfer to a paper towel-lined plate and cover to keep warm.

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.

2



Get prepped

- Meanwhile, finely chop **garlic**. Drain **tinned cherry tomatoes** (see ingredients).

TIP: Reserve the passata from the cherry tomatoes to use in another meal!

5



Make the sauce

- Return the frying pan to medium heat with a drizzle of **olive oil**.
- Cook **cherry tomatoes**, **garlic**, the **butter** and a pinch of **chilli flakes** (if using), stirring and lightly crushing tomatoes until softened, **3-4 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Cook until slightly reduced and thickened, **1-2 minutes**. Season to taste.

3



Toast the almonds

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

6



Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **white wine vinegar**. Toss to combine.
- Add **basil pesto** to the tray of roasted veggies and toss to coat.
- Divide pesto roast veggies, dressed rocket leaves and Mediterranean John dory between plates.
- Top fish with balsamic cherry tomato sauce. Garnish with toasted almonds to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate