

Quick Sweet Chilli-Glazed Fish

with Creamy Asian Slaw, Peanuts & Mint

Grab your Meal Kit with this symbol



Cucumber



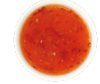
Lemon



Smooth Dory Fillets



Sweet Soy Seasoning



Sweet Chilli Sauce



Asian Slaw Mix



Baby Spinach Leaves



Mayonnaise



Crushed Peanuts

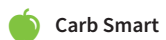


Mint



Chicken Breast

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



Carb Smart

 Eat Me First

We're doing fish with zap and zest tonight. Indulge in the pops of flavour when you take a bite of these dory fillets glazed in a sweet chilli jam. A fresh slaw, creamy with mayo, rounds it off. Include a garnish of mint to the slaw and a scattering of peanuts to the fish to really complete this blissful experience.

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

Pantry items

Olive Oil, Plain Flour, Sesame Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
lemon	½	1
smooth dory fillets	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
plain flour*	½ tbs	1 tbs
sweet chilli sauce	1 medium packet	1 large packet
Asian slaw mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
mint	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1921kJ (459Cal)	446kJ (107Cal)
Protein (g)	23g	5.3g
Fat, total (g)	25.9g	6g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	28.6g	6.6g
- sugars (g)	24.6g	5.7g
Sodium (mg)	1129mg	262mg
Dietary Fibre (g)	11.1g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2186kJ (522Cal)	485kJ (116Cal)
Protein (g)	40.4g	9g
Fat, total (g)	25.4g	5.6g
- saturated (g)	4.6g	1g
Carbohydrate (g)	29g	6.4g
- sugars (g)	24.3g	5.4g
Sodium (mg)	1119mg	248mg
Dietary fibre	11.1g	2.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW38



1



Get prepped

- Thinly slice **cucumber** into half-moons. Slice **lemon** into wedges.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **sweet soy seasoning**, the **plain flour** and a drizzle of **olive oil**. Add **fish** and gently turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Combine chicken with spice blend and flour as above.

2



Cook the fish

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce** and a squeeze of **lemon juice**. Gently turn **fish** to coat.

Custom Recipe: Heat the frying pan and oil as above. When oil is hot, cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat and continue with step.

3



Make the slaw

- In a large bowl, combine **Asian slaw mix**, **cucumber**, **baby spinach leaves**, **mayonnaise**, the **sesame oil**, a squeeze of **lemon juice** and a pinch of **salt**.

4



Serve up

- Divide Asian slaw between bowls.
- Top with sweet chilli-glazed fish, along with any remaining glaze.
- Sprinkle over **crushed peanuts** and tear over **mint** to serve. Enjoy!

Rate your recipe

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