

Pan-Seared John Dory & Sesame Greens

with Coconut Lemongrass Sauce & Garlic Rice

GOURMET

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Green Beans



Lemon



Mixed Sesame Seeds



John Dory Fillets



Ginger & Lemongrass Paste



Coconut Milk



Soy Sauce Mix




Chilli Flakes (Optional)



Crushed Roasted Cashews

Prep in: 25-35 mins
Ready in: 30-40 mins

 Eat Me First

How do you make fish fragrant and mouth-watering? There's no need to deep dive into this because we have the answer prepared in a creamy coconut sauce. The secret is the ginger and lemongrass to add a hint of freshness and flavour.

Pantry items

Olive Oil, Butter, Sesame Oil, Brown Sugar

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
baby broccoli	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
mixed sesame seeds	1 sachet	1 sachet
sesame oil*	1 tsp	2 tsp
John dory fillets	1 packet	2 packets
ginger & lemongrass paste	1 packet (40g)	1 packet (80g)
coconut milk	1 medium packet	2 medium packets
soy sauce mix	1 packet (40g)	1 packet (80g)
brown sugar*	½ tbs	1 tbs
chilli flakes (optional)	1 pinch	1 pinch
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3242kJ (775Cal)	554kJ (132Cal)
Protein (g)	45.8g	7.8g
Fat, total (g)	39.3g	6.7g
- saturated (g)	22.5g	3.8g
Carbohydrate (g)	82.3g	14.1g
- sugars (g)	12.3g	2.1g
Sodium (mg)	1299mg	222mg

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 | CW40



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan, then bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the fish

- Discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Wipe out the frying pan, then return 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.

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, halve any thick **baby broccoli** lengthways. Trim **green beans**. Cut **lemon** into wedges.

5



Make the sauce

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger & lemongrass paste** until fragrant, **1 minute**.
- Add **coconut milk**, **soy sauce mix**, the **brown sugar** and a pinch of **chilli flakes** (if using). Cook until slightly thickened, **3-4 minutes**.
- Return the **fish** to the pan and gently turn to coat. Season to taste.

TIP: Cover the pan with a lid if the paste starts to spatter!

3



Cook the sesame veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans** until tender, **4-5 minutes**.
- Add **mixed sesame seeds** and cook, tossing, until golden, **2-3 minutes**.
- Add the **sesame oil** and a good squeeze of **lemon juice**. Season to taste, transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between bowls. Top with sesame greens and pan-seared John dory.
- Spoon over coconut and lemongrass sauce.
- Garnish with **crushed roasted cashews** and serve with any remaining lemon wedges. Enjoy!

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