



# Herbed Fish & Lemon Butter Sauce

with Zesty Potato Chunks & Tartare Sauce

Grab your Meal Kit with this symbol



Potato



Zesty Chilli Salt



Carrot



Cucumber



Lemon



Hoki Fillets



Garlic & Herb Seasoning



Spinach & Rocket Mix

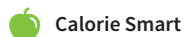


Tartare Sauce



Hoki Fillets

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



Calorie Smart

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.

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

### Pantry items

Olive Oil, Butter



## 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
<b>olive oil*</b>	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	½	1
hoki fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	30g	60g
spinach & rocket mix	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet
hoki fillets**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2144kJ (512Cal)	375kJ (90Cal)
Protein (g)	31.6g	5.5g
Fat, total (g)	22.7g	4g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	44.4g	7.8g
- sugars (g)	17.3g	3g
Sodium (mg)	803mg	140mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	370kJ (88Cal)
Protein (g)	56.6g	7.9g
Fat, total (g)	24.3g	3.4g
- saturated (g)	9.8g	1.4g
Carbohydrate (g)	44.4g	6.2g
- sugars (g)	17.3g	2.4g
Sodium (mg)	891mg	125mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW48



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## Roast the potato chunks

- 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.

3



## 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** each side.
- Add the **butter**, **lemon zest** and a squeeze of **lemon juice** and cook until melted, **1-2 minutes**. Remove pan from heat.

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

**Custom Recipe:** If you've doubled your 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.

2



## 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 **hoki 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.

4



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)