



# Tuscan-Style Fish & Roast Veggie Toss

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Potato



Beetroot



Onion



Pumpkin Seeds (Pepitas)



White Fish Fillets



Tuscan Herb Seasoning



Salad Leaves



Creamy Pesto Dressing

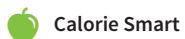


Chicken Breast

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins  
Ready in: 35-45 mins



Calorie Smart

Eat Me First

Simplicity goes a long way in a dish, take this one here - seared white fish in a herby Tuscan seasoning and a roast veggie toss. That's all you need to experience a medley of flavour and if you like (which we know you will), drizzle over a creamy pesto sauce.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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 with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
beetroot	1	2
onion	½	1
pumpkin seeds (pepitas)	1 sachet	2 sachets
white fish fillets	1 packet	2 packets
Tuscan herb seasoning	1 sachet	2 sachets
salad leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)
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)	2211kJ (528Cal)	403kJ (96Cal)
Protein (g)	27.2g	5g
Fat, total (g)	24.7g	4.5g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	49.4g	9g
- sugars (g)	22g	4g
Sodium (mg)	721mg	131mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2476kJ (592Cal)	435kJ (104Cal)
Protein (g)	44.6g	7.8g
Fat, total (g)	24.2g	4.3g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	49.8g	8.7g
- sugars (g)	21.6g	3.8g
Sodium (mg)	711mg	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

2024 | CW02



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **beetroot** into small chunks. Slice **onion** (see ingredients) into thick wedges.



## Flavour the fish

- Discard any liquid from **white fish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, add **fish**, **Tuscan herb seasoning** and a drizzle of **olive oil**. Gently turn **fish** to coat.

**Custom Recipe:** If you've swapped from white fish to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Coat chicken in the seasoning as above.



## Roast the veggies

- Place **potato**, **beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**.



## Cook the fish

- When the veggies have **10 minutes** remaining, return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches, until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.
- To the tray with the **roasted veggies**, add **salad leaves** and a drizzle of **vinegar**. Toss to combine.

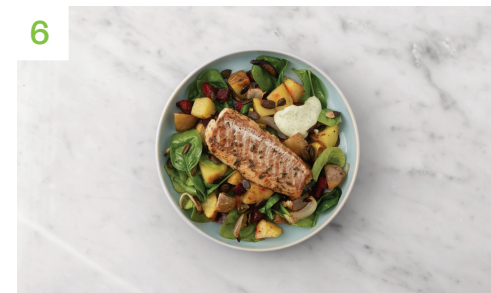
**TIP:** White fish is cooked through when the centre turns from translucent to white.

**Custom Recipe:** When the veggies have 10 minutes remaining, heat the pan and oil as above. Cook chicken until cooked through (when no longer pink inside), 3-5 minutes each side. Continue with step.



## Toast the pepitas

- Meanwhile, heat a large frying pan over medium-high heat. Toast **pumpkin seeds** until golden, **3-4 minutes**. Transfer to a bowl.



## Serve up

- Divide roast veggie toss between bowls.
- Top with Tuscan-style fish.
- Sprinkle over toasted pumpkin seeds and dollop with **creamy pesto dressing** to serve. Enjoy!

**Custom Recipe:** Slice chicken before serving.

## Rate your recipe

Did we make your tastebuds happy?

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