



# Sichuan-Glazed John Dory

with Chilli-Garlic Rice & Soy Greens

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Garlic



Fresh Chilli (Optional)



Basmati Rice



Baby Broccoli



Snow Peas



Lemon



John Dory Fillets



Sichuan Garlic Paste



Coriander



Crispy Shallots

Prep in: 20-30 mins  
Ready in: 30-40 mins

**1** Eat Me First

Let's get fiery with our fish tonight, add some spice to your night with a Sichuan glaze for John dory fish and a sprinkling of chilli flakes in the fragrant garlic rice will give it a kick of flavour that rockets this dinner to new heights.

Pantry items

Olive Oil, Butter, Soy Sauce

AB





## 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         |
|---|-----------------|------------------|
| <b>olive oil*</b>   | refer to method | refer to method  |
| garlic  | 2 cloves        | 4 cloves         |
| fresh chilli  (optional) | ½               | 1                |
| <b>butter*</b>  | 20g             | 40g              |
| basmati rice  | 1 packet        | 2 packets        |
| <b>water*</b> (for the rice)  | 1½ cups         | 3 cups           |
| <b>salt*</b>  | ¼ tsp           | ½ tsp            |
| baby broccoli   | 1 bag           | 2 bags           |
| snow peas   | 1 bag (100g)    | 2 bags (200g)    |
| lemon   | ½               | 1                |
| <b>soy sauce*</b>   | 2 tsp           | 1 tbs            |
| John dory fillets   | 1 packet        | 2 packets        |
| Sichuan garlic paste  | 1 packet        | 2 packets        |
| <b>water*</b> (for the sauce)   | 2 tbs           | ¼ cup            |
| coriander   | ½ bag           | 1 bag            |
| crispy shallots   | 1 medium packet | 2 medium packets |

### \*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2942kJ (703Cal) | 587kJ (140Cal) |
| Protein (g)      | 42.6g           | 8.5g           |
| Fat, total (g)   | 17.5g           | 3.5g           |
| - saturated (g)  | 5.5g            | 1.1g           |
| Carbohydrate (g) | 87.3g           | 17.4g          |
| - sugars (g)     | 17.3g           | 3.5g           |
| Sodium (mg)      | 2975mg          | 594mg          |

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.

## Fancy a drop?

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## 1 Make the chilli garlic rice

- Finely chop **garlic** and **fresh chilli** (see ingredients).
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Add the **garlic** and **chilli** (if using) and cook until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil.
- Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the 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.
- Return the frying pan to medium-high heat with a generous 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

- While the rice is cooking, halve any thicker stalks of **baby broccoli** lengthways. Trim and roughly chop **snow peas**. Slice **lemon** into wedges.



## 3 Cook the veggies

- Heat a large frying pan over medium-high heat. Cook **baby broccoli** and **snow peas** until tender, **5-6 minutes**.
- Add the **soy sauce**, stir to coat, then transfer to a medium bowl and cover to keep warm.



## 5 Make the glaze

- Remove pan from the heat, then add **Sichuan garlic paste** and **water (for the sauce)**, gently turning **fish** to coat.



## 6 Serve up

- Divide chilli garlic rice between plates and top with Sichuan-glazed John Dory and soy greens. Spoon over glaze from the pan.
- Tear over **coriander** (see ingredients). Garnish with **crispy shallots**. Serve with remaining lemon wedges. Enjoy!

## Rate your recipe

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# Mango Cheesecake & Coconut Caramel

with Oat Crumble

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Classic Oat Mix



Coconut Milk



Cream



Cream Cheese



Tinned Mango

Prep in: **20 mins**  
 Ready in: **30 mins**  
 (plus **4 hours** or overnight to set)

Close your eyes and allow the taste of a sunset to wash over you when you bite into this sweet mango cheesecake. Drizzle over as much coconutty caramel sauce as you want, this whole cheesecake is a slice of paradise.

Pantry items

Butter, Brown Sugar

AB





## Before you start

Wash your hands and any fresh food

## You will need

Medium square baking tin lined with baking paper ·  
Medium saucepan · Electric beats (or metal whisk) ·  
Large frying pan

## Ingredients

|                     | 4 People            |
|---------------------|---------------------|
| <b>butter*</b>      | 90g                 |
| classic oat mix     | 1 packet            |
| coconut milk        | 1 medium packet     |
| <b>brown sugar*</b> | 50g                 |
| cream               | 1 packet<br>(250ml) |
| cream cheese        | 1 packet            |
| tinned mango        | 1 medium tin        |

### \*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g        |
|------------------|-----------------|-----------------|
| Energy (kJ)      | 2530kJ (604Cal) | 1150kJ (274Cal) |
| Protein (g)      | 6.1g            | 2.8g            |
| Fat, total (g)   | 45.4g           | 20.6g           |
| - saturated (g)  | 30.4g           | 13.8g           |
| Carbohydrate (g) | 50.1g           | 22.8g           |
| - sugars (g)     | 30.6g           | 13.9g           |
| Sodium (mg)      | 278mg           | 126mg           |

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## Make the base

- Preheat oven to **220°C/200°C fan-forced**. Grease and line a medium baking tin.
- In a medium saucepan, melt the **butter** over low heat, **1-2 minutes**. Remove from heat and add the **classic oat mix**, stirring, until combined.
- Transfer to the lined tin. Using the back of a spoon, spread **oat mix** evenly and press down to compress.
- Bake until golden, **8-10 minutes**. Set aside to cool for **15 minutes**.



## Combine the cream cheese mix

- In a medium bowl, combine **cream cheese** and half the **coconut caramel**. Add **whipped cream** and fold with a spoon to combine.
- Pour the **cheesecake mixture** on top of the **oat base** and spread evenly with the back of a spoon.
- Refrigerate for **4 hours** or overnight.



## Make the coconut caramel

- Meanwhile, wipe out the saucepan and return to medium heat. Cook **coconut milk** and the **brown sugar**, whisking, until well combined and turned to a caramel, **5-8 minutes**.
- Set aside until thickened.

**TIP:** The sauce will thicken as it rests!.



## Char the mango

- When the cheesecake is ready to serve, drain **tinned mango**.
- Heat a large frying pan over high heat. Cook **mango** slices until lightly charred, **2-3 minutes** each side.



## Whip the cream

- To a large bowl or jug, add **cream**. Whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

**TIP:** For perfect soft peaks, whip until cream just clings to the whisk or beater when lifted!

**TIP:** If you don't have an electric mixer, use a hand metal whisk!



## Serve up

- Top cheesecake with mango and remaining coconut caramel.
- Slice cheesecake to serve. Enjoy!

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