



Lemony-Pepper Fish & Roast Veggie Coin Toss

with Chargrilled Capsicum Mayo

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Courgette



Smooth Dory Fillets



Lemon Pepper Seasoning



Chargrilled Capsicum Relish



Mayonnaise



Baby Leaves



Smooth Dory Fillets

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

Fish is one of those dinner time dishes that demands attention. This one is golden, drizzled in a chargrilled capsicum mayo, and served atop a bed of roasted veggies. Every bite is a delightful surprise!

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 lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
courgette	1	2
smooth dory fillets	1 packet	2 packets
lemon pepper seasoning	1 large sachet	2 large sachets
chargrilled capsicum relish	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2020kJ (483Cal)	330kJ (79Cal)
Protein (g)	23.4g	3.8g
Fat, total (g)	23g	3.8g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	46.2g	7.6g
- sugars (g)	24.5g	4g
Sodium (mg)	1060mg	173mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	333kJ (80Cal)
Protein (g)	39.1g	5.2g
Fat, total (g)	28.8g	3.8g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	46.6g	6.2g
- sugars (g)	24.9g	3.3g
Sodium (mg)	1169mg	155mg

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

2024 | CW15



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **courgette** into 0.5cm-thick rounds.
- Place 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**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the fish

- In a large frying pan, heat a generous 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.

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.

Custom Recipe: Cook fish in batches for best results.

2



Get prepped

- When the veggies have **15 minutes** remaining, discard any liquid from **smooth dory fillet** packaging. Slice **fish** fillet in half crossways to get 1 piece per person.
- In a medium bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **fish** and gently turn to coat.
- In a small bowl, combine **chargrilled capsicum relish** and **mayonnaise**. Set aside.

Custom Recipe: If you've doubled your smooth dory fillets, flavour fish in a large bowl.

4



Serve up

- When the veggies are done, remove tray from the oven and add **baby leaves** and a drizzle of **vinegar**. Toss to combine and season to taste.
- Divide roast veggies between bowls. Top with lemon-pepper fish.
- Drizzle over chargrilled capsicum mayo to serve. Enjoy!

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