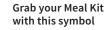


Lemony-Pepper Fish & Roast Veggie Coin Toss with Chargrilled Capsicum Mayo

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR













Courgette





Lemon Pepper Seasoning









Baby Leaves

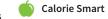
Mayonnaise





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

Eat Me First



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

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

ingi calcine			
2 People	4 People		
refer to method	refer to method		
2	4		
1	2		
1	2		
1 packet	2 packets		
1 large sachet	2 large sachets		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
drizzle	drizzle		
1 packet	2 packets		
	2 People refer to method 2 1 1 1 packet 1 large sachet 1 medium packet 1 medium packet t medium packet		

^{*}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.



Scan here if you have any questions or concerns

2024 | CW15





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.



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.



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 seaoning 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.



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!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate