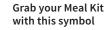


# Lemony-Pepper Fish & Roast Veggie Coin Toss with Chargrilled Capsicum Mayo

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR













Courgette





Lemon Pepper Seasoning









**Baby Leaves** 

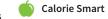
Mayonnaise





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		

<sup>\*</sup>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