



Quick Herbed Fish & Lemon Butter Sauce

with Zesty Potato Chunks & Tartare Sauce

Grab your Meal Kit with this symbol



Potato



Carrot



Lemon



Garlic & Herb Seasoning



Tartare Sauce



Zesty Chilli Salt



Tomato



Smooth Dory Fillets



Mixed Salad Leaves



Smooth Dory Fillets

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Eat Me First

Tender pan-seared fish never fails to satisfy! It has all the familiar tastes of home cooking at its finest, plus a buttery lemon sauce and a side of easy roast potatoes which make up the perfect accompaniments to this tasty dinner.

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

Pantry items

Olive Oil, Butter

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
zesty chilli salt	1 sachet	2 sachets
carrot	1	2
tomato	1	2
lemon	½	1
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	30g	60g
mixed salad leaves	1 small packet	1 medium packet
tartare sauce	1 medium packet	1 large packet
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2302kJ (550Cal)	429kJ (103Cal)
Protein (g)	21.8g	4.1g
Fat, total (g)	31.7g	5.9g
- saturated (g)	10.3g	1.9g
Carbohydrate (g)	45.2g	8.4g
- sugars (g)	22.8g	4.2g
Sodium (mg)	832mg	155mg
Dietary Fibre (g)	7.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2782kJ (665Cal)	411kJ (98Cal)
Protein (g)	37.5g	5.5g
Fat, total (g)	37.4g	5.5g
- saturated (g)	11g	1.6g
Carbohydrate (g)	45.7g	6.8g
- sugars (g)	23.2g	3.4g
Sodium (mg)	941mg	139mg
Dietary fibre	7.1g	1g

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 | CW18



1



Roast the potato chunks

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** 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**.
- When the potatoes are done, add **zesty chilli salt** and toss to combine.

3



Cook the fish

- When potatoes have **10 minutes** remaining, heat a large frying pan over medium-high heat with a 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.
- Add the **butter**, **lemon zest** and a squeeze of **lemon juice** and cook until melted, **1-2 minutes**. Transfer **fish** to a plate.

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

Custom Recipe: If you've doubled your fish, cook in batches for best results. Return all fish to the pan, then add the butter, lemon zest and a squeeze of lemon juice. Continue as above.

2



Get prepped

- Meanwhile, grate **carrot**. Roughly chop **tomato**. Zest **lemon** to get a pinch, then slice into wedges.
- Discard any **liquid** from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Place **fish** on a plate and sprinkle over **garlic & herb seasoning** on each side.

4



Serve up

- In a medium bowl, combine **mixed salad leaves**, carrot, tomato, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide herbed fish, zesty potato chunks and carrot salad between plates.
- Pour any remaining lemon butter sauce from the pan over fish.
- Serve with **tartare sauce**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate