

Garlic-Herb Fish & Veggie Freekah Salad with Yoghurt

Grab your meal kit with this number















Broccoli





Smooth Dory



Garlic & Herb

Seasoning



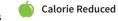


Deluxe Salad Mix





Prep in: 20-30 mins Ready in: 25-35 mins



If a herby and garlic seasoned fish doesn't quip your interest and get your tastebuds fired up, we don't know what else will. Tossed over golden cooked fish, it pops out of the bowl. Add the veggie freekah and that's a done deal. Go on dig in, we know you're interested now.

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
freekah	1 packet	2 packets	
butter*	20g	40g	
vegetable stock powder	1 medium sachet	1 large sachet	
broccoli	½ head	1 head	
onion	1/2	1	
smooth dory fillets	1 packet	2 packets	
garlic & herb seasoning	½ medium sachet	1 medium sachet	
honey*	1 tsp	2 tsp	
deluxe salad mix	1 medium packet	1 large packet	
vinegar*			
(white wine or balsamic)	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1961kJ (469Cal)	371kJ (89Cal)
Protein (g)	32.8g	6.2g
Fat, total (g)	13g	2.5g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	51g	9.7g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1041mg	197mg
Dietary Fibre (g)	10.1g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

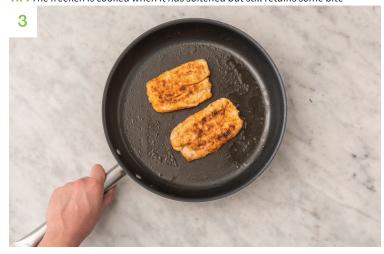
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the freekah

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast freekah, stirring occasionally, until golden, 1-2 minutes.
- · Half-fill the saucepan with water, then add a good pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 30-35 minutes.
- Drain, rinse and return to the pan over medium heat. Add the **butter** and vegetable stock powder, and stir, until the butter is melted and combined.

TIP: The freekeh is cooked when it has softened but still retains some bite



Cook the fish & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook broccoli and onion, stirring, until softened, 6-7 minutes. Transfer to a bowl and cover to keep warm. Set aside.
- When the freekah has **20 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan, over medium-high heat. Cook fish in batches, until just cooked through, **5-6 minutes** each side. Remove pan from heat, add the honey and gently turn fish to coat.



Get prepped

- Cut broccoli (see ingredients) into small florets, then roughly chop stalk. Thinly slice onion (see ingredients).
- Discard any liquid from smooth dory fillet packaging. Slice fish in half crossways to get 1 piece per person.
- In a medium bowl, combine fish, garlic & herb seasoning (see ingredients), a drizzle of olive oil and a pinch of salt.

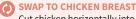


Serve up

- Add cooked veggies, **deluxe salad mix** and a drizzle of **vinegar** and olive oil to the freekah. Season and toss to combine.
- Divide veggie freekah salad between bowls. Top with garlic and herb fish.
- Dollop over Greek-style yoghurt to serve. Enjoy!







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

