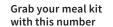


John Dory Meunière & Nicoise-Style Salad with Pickled Onion & Mustard Vinaigrette

FRENCH FLAIR









Potato





Green Beans

Radish





Cos Lettuce







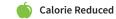






Dijon Mustard

Prep in: 20-30 mins Ready in: 30-40 mins



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
onion	1/2	1
white wine vinegar*	1/4 cup	½ cup
potato	2	4
eggs*	2	4
green beans	1 small packet	1 medium packet
radish	1	2
cos lettuce	1 head	2 heads
tomato	1	2
lemon	1/2	1
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
John dory fillets	1 packet	2 packets
butter*	20g	40g
Dijon mustard	1 medium packet	1 large packet
honey*	1 tsp	2 tsp

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2209kJ (528Cal)	315kJ (75Cal)
Protein (g)	46.5g	6.6g
Fat, total (g)	21.1g	3g
- saturated (g)	7.9g	1.1g
Carbohydrate (g)	34.9g	5g
- sugars (g)	12.9g	1.8g
Sodium (mg)	502mg	72mg
Dietary Fibre (g)	9.5g	1.4g

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.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.





Pickle the onion

- Boil the kettle.
- Thinly slice onion (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of sugar and salt.
- Scrunch **sliced onion** in your hands, then add it to pickling liquid. Add enough water to just cover onion. Set aside.



Boil the potatoes

- · Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- · Cut potato into large chunks. Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- When the potatoes have 8 minutes remaining, add the eggs to the water.
- · Remove eggs from potatoes and set aside. Drain potatoes and return to saucepan.



Get prepped

- Meanwhile, trim green beans. Thinly slice radish. Finely shred cos lettuce. Cut tomato into wedges. Slice lemon into wedges. Finely chop garlic and parsley.
- Discard any liquid from John dory fillet packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook green beans, until tender, 4-5 minutes. Season to taste. Transfer to a bowl and cover to keep warm.

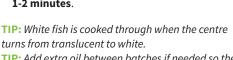


Cook the fish

fish doesn't stick to the pan.

- · Return the frying pan to medium-high heat with a generous 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.
- In the last minute of cook time, add garlic, the butter and parsley and cook until fragrant, 1-2 minutes.

turns from translucent to white. TIP: Add extra oil between batches if needed so the





Toss the salad

- Drain pickled onion, reserving a splash of pickling liquid.
- In a large bowl, combine **Dijon mustard**, a generous squeeze of lemon juice, the honey, reserved pickling liquid and a drizzle of olive oil.
- Add green beans, potato, radish, cos lettuce, tomato and pickled onion. Toss to combine and season to taste.



Serve up

- · Peel the eggs and cut into quarters.
- Divide John Dory Meunière and Nicoise-style salad between plates. Top salad with the eggs.
- · Serve with any remaining lemon wedges. Enjoy!

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