

John Dory Meunière & Nicoise-Style Salad

with Pickled Onion & Mustard Vinaigrette

FRENCH FLAIR

Grab your meal kit with this number

21



Onion



Potato



Green Beans



Radish



Cos Lettuce



Tomato



Lemon



Garlic



Parsley




John Dory Fillets



Dijon Mustard

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

 Calorie Reduced

 Eat Me First

Who hasn't dreamed of escaping to the French Riviera? We hope this dish gets you one step closer - delicate fish kissed with a garlicky, buttery sauce and paired with a vibrant salad of potatoes, green beans and your favourite fresh veg. It's almost as good as a European holiday.

Pantry items

Olive Oil, White Wine Vinegar, Eggs, Butter, Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
white wine vinegar*	¼ 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	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



1



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.

4



Cook the fish

- 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**.

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.

2



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.

5



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.

3



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.

6



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!

Rate your recipe

Did we make your tastebuds happy?

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