Golden Fish & Chargrilled Capsicum Mayo
with Roast Veggie Coin Toss

MEDITERRANEAN

Potato

Carrot

Courgette

Gemfish Fillets

Garlic & Herb Seasoning

Chargrilled Capsicum Relish

Mayonnaise

Baby Leaves

Gemfish Fillets

Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins

🍏 Calorie Smart

Eat Me First

Fish is one of those dinner time dishes that demands attention. This one is golden, drizzled in a chargrilled capsicum mayo, and served atop a bed of roasted veggies. Every bite is a delightful surprise!

Pantry items

Olive Oil, 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

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
carrot	1	2
courgette	1	2
gemfish fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
*vinegar** *(white wine or balsamic)*	drizzle	drizzle

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2026kJ (484cal)	198kJ (47cal)
Protein (g)	23.5g	2.3g
Fat, total (g)	23.1g	2.3g
- saturated (g)	3.2g	0.3g
Carbohydrate (g)	46.4g	4.5g
- sugars (g)	24.6g	2.4g
Sodium (mg)	1073mg	104.9mg
Dietary Fibre (g)	8.3g	0.8g

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 | CW34

1

Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato**, **carrot** and **courgette** into 0.5cm-thick rounds.
- Place veggies 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.*

2

Get prepped

- When the veggies have **15 minutes** remaining, discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **garlic & herb seasoning** 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.

3

Cook the fish

- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side.

TIP: *White fish is cooked through when it turns from translucent to white.*

4

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 golden fish.
- Drizzle over chargrilled capsicum mayo to serve. Enjoy!

CUSTOM OPTIONS

DOUBLE GEMFISH FILLETS
Follow method above.

SWAP TO CHICKEN THIGH
Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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