



John Dory & Creamy Dijon Sauce

with Herbed Mash & Lemony Green Bean Salad

FRENCH FLAIR

Grab your meal kit with this number

21



Garlic



Leek



Potato



Green Beans



Lemon



Parsley



John Dory Fillets



Cream



Dijon Mustard



Spinach & Rocket Mix

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

Calorie Smart

Protein Rich

Eat Me First

Dive into this culinary adventure that's sure to transport you to the heart of France! Tender John Dory, parsley-speckled mash and lemony greens come together on a plate with a creamy leek and Dijon sauce. It'll take your taste buds straight to culinary paradise.

Pantry items

Olive Oil, Butter, Milk

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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
leek	1	2
potato	2	4
green beans	1 small packet	1 medium packet
lemon	½	1
parsley	1 packet	1 packet
John Dory fillets	1 packet	2 packets
butter*	40g	80g
milk*	2 tbs	¼ cup
cream	½ packet	1 packet
Dijon mustard	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2526kJ (604cal)	211kJ (50cal)
Protein (g)	40.7g	3.4g
Fat, total (g)	29.7g	2.5g
- saturated (g)	15.8g	1.3g
Carbohydrate (g)	41g	3.4g
- sugars (g)	23.6g	2g
Sodium (mg)	393mg	32.8mg
Dietary Fibre (g)	7.7g	0.6g

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.



Get prepped

- Boil the kettle.
- Peel **garlic** cloves. Thinly slice **leek**. Peel **potato** and cut into large chunks. Trim **green beans**. Slice **lemon** into wedges. Finely chop **parsley**.
- Discard any liquid from **John Dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **leek**, stirring regularly until softened, **5-6 minutes**.
- Add **cream (see ingredients)** and **Dijon mustard** and simmer, until slightly reduced, **1-2 minutes**. Season to taste.

TIP: Add a splash of water if the sauce mixture looks too thick.



Make the mash

- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** and **garlic** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter, milk** and **parsley** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Toss the salad

- Add **spinach & rocket mix**, a squeeze of **lemon juice** and a drizzle of **olive oil** to the bowl of green beans.
- Toss to combine and season to taste.



Cook the green beans and fish

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, until tender, **4-5 minutes**. Transfer to a large bowl.
- Return 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. Transfer to a paper towel-lined plate.

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



Serve up

- Divide John Dory, herbed mash and lemony green bean salad between plates.
- Drizzle creamy Dijon sauce over John Dory. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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