

Pan-Fried John Dory & Brown Butter Sauce

with Parmesan Mash & Almond Baby Broccoli

SPRING SPECIAL

Grab your meal kit
with this number

28



Potato



Grated Parmesan
Cheese



Baby Broccoli



Roasted Almonds



Lemon



Garlic



Parsley



Baby Leaves





John Dory
Fillets



Chilli Flakes
(Optional)

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

 Protein Rich

 Eat Me First

There's treasure to be found in the ocean and we've brought some up from the deep just for you. Plate up these dory fish fillets with a parsley butter sauce that can be soaked up in the Parmesan potato mash. Tonight is a luxurious dinner that everyone will be falling in love with.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
baby broccoli	1 medium bunch	2 medium bunches
roasted almonds	1 packet	2 packets
lemon	½	1
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
baby leaves	1 medium packet	1 large packet
John dory fillets	1 packet	2 packets
butter* (for the sauce)	40g	80g
chilli flakes (optional)	1 pinch	1 pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733cal)	300kJ (72cal)
Protein (g)	48.3g	4.7g
Fat, total (g)	42.1g	4.1g
- saturated (g)	20.2g	2g
Carbohydrate (g)	38.3g	3.7g
- sugars (g)	20.3g	2g
Sodium (mg)	416mg	40.7mg
Dietary Fibre (g)	8.9g	0.9g

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 mash

- Boil the kettle. Half-fill a medium saucepan with **boiling water** and a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add **grated Parmesan cheese**, the **butter (for the mash)** and **milk**. Season with **salt** and **pepper**.
- Mash until smooth and cover to keep warm.



Cook the fish

- Discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person. Season **fish** on both sides.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **fish** on one side, until just cooked through, **2-3 minutes**.



Get prepped

- Meanwhile, halve any thicker stalks of **baby broccoli**. Roughly chop **roasted almonds**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- Finely chop **garlic** and **parsley**.



Make the sauce

- Flip the **fish**, then add **butter (for the sauce)**, **garlic** and **parsley** to the pan. Cook until **butter** is beginning to brown and **fish** is cooked through, **2-3 minutes**.
- Remove pan from the heat, then add **lemon zest**, a squeeze of **lemon juice** and a pinch of **chilli flakes** (if using).
- Season with **pepper** and gently turn **fish** to coat.

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **baby broccoli** until tender, **5-6 minutes**. Add a dash of **water** to the pan to help **baby broccoli** cook.
- Add **baby leaves** and stir until wilted. Season to taste, then transfer to a bowl and cover to keep warm.



Serve up

- Divide Parmesan mash between plates.
- Top with greens and pan-fried John dory.
- Spoon over herby brown butter sauce and garnish with almonds.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



Rate your recipe

Did we make your tastebuds happy?

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



Berry-Cherry Mini Pavlovas

with Caramelised Almonds

SPRING SPECIAL

Grab your meal kit
with this number

28



Roasted Almonds



Mint



Pure Cream



Meringue Nests



Berry Compote



Cherry Sauce

Recipe Update

We've replaced the pistachios in this recipe with roasted almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Who said pavlova could only be served at Christmas time? Whip up these cute-as-a-button mini desserts topped with berry compote, cherry sauce and crunchy caramelised almonds.

Pantry items

Brown Sugar

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, double the quantities and store any leftovers in an airtight container

You will need

Medium frying pan · Oven tray lined with baking paper · Electric beaters

Ingredients

	4 People
roasted almonds	1 packet
brown sugar*	refer to method
water*	2 tsp
mint	1 packet
pure cream	1 packet
meringue nests	8
berry compote	1 packet
cherry sauce	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	1196kJ (285Cal)	1106kJ (264Cal)
Protein (g)	3.6g	3.3g
Fat, total (g)	17.6g	16.3g
- saturated (g)	9.6g	8.9g
Carbohydrate (g)	27.8g	25.7g
- sugars (g)	26g	24.1g
Sodium (mg)	46mg	43mg
Dietary Fibre (g)	0.5g	0.5g

The quantities provided above are averages only.
*Nutritional information is based on 4 servings.

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.



Caramelize the almonds

- Heat a medium frying pan over medium heat.
- Toast **roasted almonds**, tossing, **1 minute**.
- Add the **brown sugar**, **water** and a generous pinch of **salt**. Cook, stirring, until bubbling and thickened, **2-3 minutes**.
- Transfer to a sheet of baking paper and spread out to cool.

TIP: Cooking the caramel fully will ensure the coating is crunchy and not chewy.



Assemble the pavlovas

- Dollop a spoonful of **whipped cream** on each **meringue nest**. Drizzle each **pavlova** with some **berry compote** and **cherry sauce**.
- Top with **caramelised almonds** and a pinch of **mint**.



Whip the cream

- While the almonds are cooling, pick **mint leaves** (see ingredients) and thinly slice.
- Using electric beaters, whisk **pure cream** in a large bowl until soft peaks form and almost doubled in size, **1-2 minutes**.

TIP: If you don't have electric beaters, use a hand whisk for 3-4 minutes!

TIP: Chill both your bowl and cream before whipping to get maximum volume.



Serve up

- Transfer berry-cherry mini pavlovas to a platter. Serve immediately. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW40

Rate your recipe

Did we make your tastebuds happy?

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