

# White Fish & Spiced Veggie Traybake

with Chilli-Parsley Butter

HELLOHERO

Grab your meal kit  
with this number

17



Potato



Carrot



Capsicum



Beetroot



Aussie Spice  
Blend



Parsley



Chilli Flakes  
(Optional)



Gemfish Fillets



Gemfish  
Fillets



Grated  
Parmesan  
Cheese

Prep in: 15-25 mins  
Ready in: 35-45 mins

 Calorie Smart

 Eat Me First

This one-tray wonder combines fresh and tender white fish with a warming medley of colourful veggies, all enhanced by a tangy chilli parsley butter. Who knew something so healthy could taste so good?

### Pantry items

Olive Oil, Butter



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
capsicum	1	2
beetroot	1	2
Aussie spice blend	1 medium sachet	1 large sachet
parsley	1 packet	1 packet
<b>butter*</b>	40g	80g
chilli flakes (optional)	pinch	pinch
gemfish fillets	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (574cal)	276kJ (66cal)
Protein (g)	35.3g	4g
Fat, total (g)	27.1g	3.1g
- saturated (g)	13.1g	1.5g
Carbohydrate (g)	48g	5.5g
- sugars (g)	27.8g	3.2g
Sodium (mg)	762mg	87.4mg
Dietary Fibre (g)	9.4g	1.1g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **capsicum** into bite-size chunks.
- Cut **beetroot** into 1cm chunks.
- Place **potato, carrot, beetroot** and **capsicum** on a lined oven tray.
- Sprinkle over **Aussie spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until almost tender, **15-20 minutes**.

3



## Bake the fish

- Discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 steak per person.
- Season **fish** on both sides with **salt** and **pepper**.
- When the veggies are done, add **fish** to the middle of the oven tray. Drizzle with **olive oil** and roast until cooked through, a further **12-14 minutes**.

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

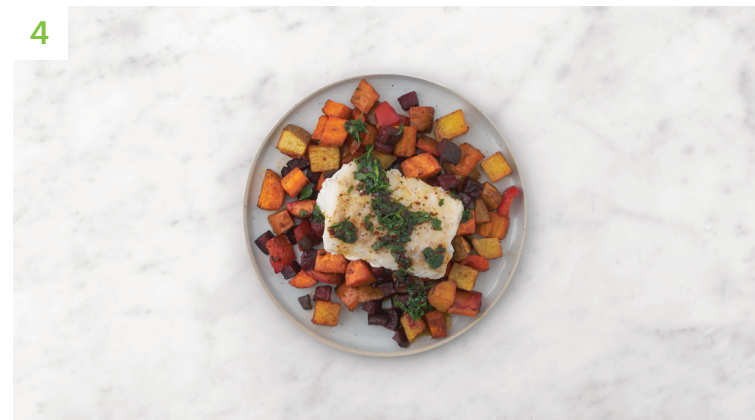
2



## Make the chilli-parsley butter

- Meanwhile, finely chop **parsley**.
- In a small microwave-safe bowl, add the **butter** and microwave in **10 second** bursts until melted.
- To the bowl with butter, add **parsley** and **chilli flakes** (if using). Stir to combine and season to taste with **salt** and **pepper**.

4



## Serve up

- Divide spiced veggies between plates and top with white fish.
- Drizzle over **chilli-parsley butter** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS



#### DOUBLE GEMFISH FILLETS

Follow method above, cooking in batches if necessary.



#### ADD PARMESAN CHEESE

Sprinkle over before serving.

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

