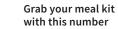


Crumbed White Fish & Roast Veggie Toss

with Creamy Pesto Dressing

HELLOHERO

















Tuscan Herb Seasoning

Panko Breadcrumbs





Creamy Pesto **Baby Leaves** Dressing





Hoki Fillets



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

Eat Me First



Calorie Smart



Protein Rich

Simplicity goes a long way in a dish, take this one here - seared white fish in a herby seasoning and a roast veggie toss. That's all you need to experience a medley of flavour and if you like (which we know you will), drizzle over a creamy pesto sauce.

Olive Oil, Plain Flour, Egg, 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 with baking paper · Medium frying pan · Large frying pan

Ingredients

ingi calcino		
2 People	4 People	
refer to method	refer to method	
2	4	
1	2	
1/2	1	
1 packet	2 packets	
1 tbs	2 tbs	
1 sachet	2 sachets	
1	2	
1 medium packet	1 large packet	
1 small packet	1 medium packet	
drizzle	drizzle	
1 medium packet	1 large packet	
	2 People refer to method 2 1 ½ 1 packet 1 tbs 1 sachet 1 1 medium packet t small packet drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2550kJ (609cal)	256kJ (61cal)
Protein (g)	39.2g	3.9g
Fat, total (g)	29g	2.9g
- saturated (g)	4.6g	0.5g
Carbohydrate (g)	49.5g	5g
- sugars (g)	26.6g	2.7g
Sodium (mg)	692mg	69.5mg
Dietary Fibre (g)	10.7g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks.
- Cut beetroot into small chunks.
- · Slice onion (see ingredients) into thick wedges.



Roast the veggies

- Place potato, beetroot and onion on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Spread out evenly, then roast until tender, 25-30 minutes.



Crumb the fish

- Meanwhile, discard any liquid from hoki fillet packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a shallow bowl, combine the plain flour and Tuscan herb seasoning. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Coat **hoki** first in **flour mixture**, followed by the egg and finally the breadcrumbs. Set aside on a plate.



Cook the fish

- · When the veggies have 10 minutes remaining, heat a medium frying pan over medium-high heat with enough olive oil to coat the base.
- When oil is hot, cook **crumbed hoki** until golden and cooked through, 5-6 minutes each side.
- · Season with salt, then transfer to a paper towel-lined plate.



Bring it all together

· To the tray with the roasted veggies, add baby leaves and a drizzle of vinegar. Toss to combine.

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



Serve up

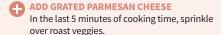
- Divide roast veggie toss between bowls.
- Top with crumbed white fish. Dollop with creamy pesto dressing to serve. Enjoy!











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

