

Crumbed White Fish & Roast Veggie Toss











with Creamy Pesto Dressing

HELLOHERO



Grab your meal kit with this number

17



-  Potato
-  Beetroot
-  Onion
-  Hoki Fillets
-  Garlic & Herb Seasoning
-  Panko Breadcrumbs
-  Baby Leaves
-  Creamy Pesto Dressing
-  Hoki Fillets
-  Grated Parmesan Cheese

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

-  Calorie Smart
-  Protein Rich

 Eat Me First

Simplicity goes a long way in this dish - crumbed white fish 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.

Pantry items

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 - Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
onion	½	1
hoki fillets	1 packet	2 packets
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618cal)	247kJ (59cal)
Protein (g)	40.6g	3.9g
Fat, total (g)	17.6g	1.7g
- saturated (g)	2.6g	0.2g
Carbohydrate (g)	74.3g	7.1g
- sugars (g)	29.3g	2.8g
Sodium (mg)	855mg	81.6mg
Dietary Fibre (g)	8.2g	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

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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.



Cook the fish

- When the veggies have **10 minutes** remaining, return frying pan to 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.

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



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**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Bring it all together

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



Crumb the fish

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



Serve up

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

CUSTOM OPTIONS



DOUBLE HOKI FILLETS

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over veggies in the last 5 minutes of cooking time.

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

