

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

### \*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](https://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, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a paper towel-lined plate.

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

**TIP:** Add extra oil between batches if needed so the fish doesn't stick to the pan.



## 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.



## Serve up

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



## Crumb the fish

- Place your hand flat on top of **hoki fillets** and slice through horizontally to make two thin steaks. Pat **hoki** dry with paper towel and season both sides with **salt** and **pepper**.
- 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**.
- Dip **hoki** into **flour mixture**, followed by the **egg** and finally in the **breadcrumbs**. Set aside on a plate.



## Serve up

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

### CUSTOM OPTIONS



#### DOUBLE HOKI FILLETS

Follow method above, cooking in batches if necessary.



#### ADD GRATED PARMESAN CHEESE

In the last 5 minutes of cooking time, sprinkle over the roast veggies.

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

