



# Mediterranean John Dory & Pesto Veggies

with Balsamic Cherry Tomato Sauce

GOURMET PLUS

Grab your meal kit with this number

28



Potato



Carrot



Garlic



Cherry Tomatoes



Flaked Almonds



John Dory Fillets



Chilli Flakes (Optional)



Rocket Leaves



Plant-Based Basil Pesto

Prep in: 30-40 mins  
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me First

This dish could have swam out of the Mediterranean Sea if we weren't sure it actually came straight from your own kitchen. The caramelised blistered tomatoes make a juicy sauce for the fresh seared fish. Serve with some basil pesto veggies and sprinkle over some almonds and you'll swear you were having dinner on the beach.

### Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

## 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
garlic	2 cloves	4 cloves
cherry tomatoes	½ packet	1 packet
flaked almonds	1 packet	2 packets
John dory fillets	1 packet	2 packets
<b>butter*</b>	20g	40g
chilli flakes  (optional)	1 pinch	1 pinch
<b>balsamic vinegar*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	1 tsp	2 tsp
rocket leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based basil pesto	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642cal)	264kJ (63cal)
Protein (g)	41.7g	4.1g
Fat, total (g)	36g	3.5g
- saturated (g)	10.9g	1.1g
Carbohydrate (g)	35.4g	3.5g
- sugars (g)	10.8g	1.1g
Sodium (mg)	383mg	37.7mg
Dietary Fibre (g)	8g	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.

## Fancy a drop?

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1



## Roast the potato & carrot

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Cook the fish

- Discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Season **fish** on both sides with **salt** and **pepper**.
- When oil is hot, cook **fish** in batches, until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate and cover to keep warm.

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

2



## Get prepped

- Meanwhile, finely chop **garlic**.
- Halve **cherry tomatoes (see ingredients)**.

5



## Make the sauce

- Return the frying pan to medium heat with a drizzle of **olive oil**.
- Cook **cherry tomatoes, garlic**, the **butter** and a pinch of **chilli flakes** (if using), stirring and lightly crushing **tomatoes** until softened, **3-4 minutes**.
- Add the **balsamic vinegar, brown sugar** and a splash of **water**. Cook until slightly reduced and thickened, **1-2 minutes**. Season to taste.

3



## Toast the almonds

- Heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

6



## Serve up

- In a medium bowl, combine **rocket leaves** and a drizzle of **white wine vinegar**. Toss to combine.
- Add **plant-based basil pesto** to the tray of roasted veggies and toss to coat.
- Divide pesto roast veggies, dressed salad leaves and Mediterranean John dory between plates.
- Top fish with balsamic cherry tomato sauce.
- Sprinkle over almonds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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