

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



Grated Parmesan Cheese



Hoki Fillets

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 - Medium 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	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 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.



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.
- 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!



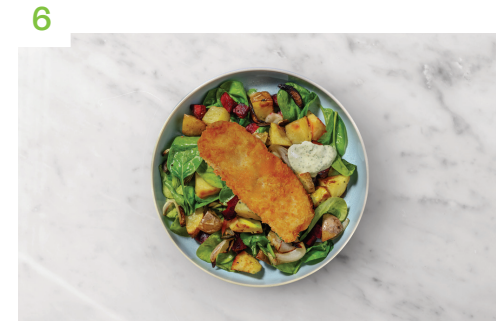
Finish the veggies

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



Prep the fish

- Place your hand flat on top of **hoki fillet** and slice through 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** first in **flour mixture** to coat, 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



ADD GRATED PARMESAN CHEESE

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



DOUBLE HOKI FILLETS

Follow method above, cooking in batches if necessary.

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

