

Smooth Dory & Lemon Butter

with Zesty Potato Chunks & Herby Mayo

HELLOHERO

Grab your meal kit with this number

17



Potato



Lemon Pepper Spice Blend



Carrot



Radish



Lemon



Smooth Dory Fillets



Garlic & Herb Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Smooth Dory Fillets



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me First

Tender pan-seared fish never fails to satisfy! It has all the familiar tastes of home cooking at its finest, plus a buttery lemon sauce and a side of easy roast potatoes which make up the perfect accompaniments to this tasty dinner.

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
potato	2	4
lemon pepper spice blend	1 medium sachet	1 large sachet
carrot	1	2
radish	2	4
lemon	½	1
smooth dory fillets	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	30g	60g
mixed salad leaves	1 small packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (460cal)	460kJ (85cal)
Protein (g)	22.5g	4.2g
Fat, total (g)	36.9g	6.8g
- saturated (g)	10.8g	2g
Carbohydrate (g)	44.4g	8.2g
- sugars (g)	7.8g	1.4g
Sodium (mg)	1095mg	202.4mg
Dietary Fibre (g)	8g	1.5g

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.

1



Roast the potato chunks

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

3



Cook the fish

- When potatoes have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side.
- Add the **butter**, **lemon zest** and a squeeze of **lemon juice** and cook until melted, **1-2 minutes**. Transfer to a 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.

2



Get prepped

- Meanwhile, grate **carrot**. Thinly slice **radish**. Zest **lemon** to get a pinch, then slice into wedges.
- Remove **smooth dory fillets** from packaging and pat dry with a paper towel. Place **fish** on a plate and sprinkle over **garlic & herb seasoning** on each side.

4



Serve up

- In a medium bowl, combine **mixed salad leaves**, carrot, radish, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide smooth dory, zesty potato chunks and carrot salad between plates.
- Pour any remaining lemon butter sauce from the pan over the fish.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE SMOOTH DORY FILLETS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

