

# Smooth Dory & Lemon Butter with Zesty Potato Chunks & Herby Mayo

HELLOHERO



Grab your meal kit with this number







Potato

Lemon Pepper Spice Blend





Radish

Carrot





Lemon

Garlic & Herb



Mixed Salad Leaves

Seasoning

Dill & Parsley Mayonnaise



Dory Fillets



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

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

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	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	1/2	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

<sup>\*</sup>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.



## 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.

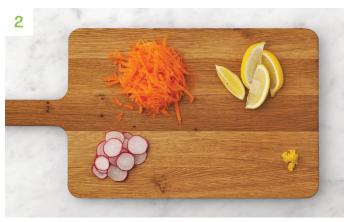


## Cook the fish

- 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.



# Get prepped

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



# 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!



if necessary.





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.

