

Mediterranean John Dory & Roast Potatoes

with Balsamic Cherry Tomato Sauce & Pesto Courgette Salad

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Garlic



Cherry Tomatoes



Courgette



Flaked Almonds



John Dory Fillets



Chilli Flakes (Optional)



Spinach & Rocket Mix



Basil Pesto

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

Carb Smart

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 a basil pesto salad 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 your hands and any fresh food

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	3	6
garlic	2 cloves	4 cloves
cherry tomatoes	1 punnet	1 punnet
courgette	1	2
flaked almonds	1 packet	2 packets
John dory fillets	1 packet	2 packets
butter*	30g	60g
chilli flakes (optional)	pinch	pinch
balsamic vinegar*	2 tbs	¼ cup
brown sugar*	1 tsp	2 tsp
spinach & rocket mix	1 small bag	1 medium bag
basil pesto	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (619Cal)	416kJ (99Cal)
Protein (g)	41.7g	6.7g
Fat, total (g)	31.8g	5.1g
- saturated (g)	10.6g	1.7g
Carbohydrate (g)	38.4g	6.2g
- sugars (g)	8.9g	1.4g
Sodium (mg)	336mg	54mg
Dietary Fibre (g)	7.4g	1.2g

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.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Sauvignon Blanc

We're here to help!

Scan here if you have any questions or concerns

2023 | CW21



1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place 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.

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, finely chop **garlic**. Halve **cherry tomatoes**.
- Using a vegetable peeler, peel **courgette** into ribbons, stopping when you reach the centre seeds.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

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, **4-5 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Cook until slightly reduced and thickened, **1-2 minutes**. Season to taste.

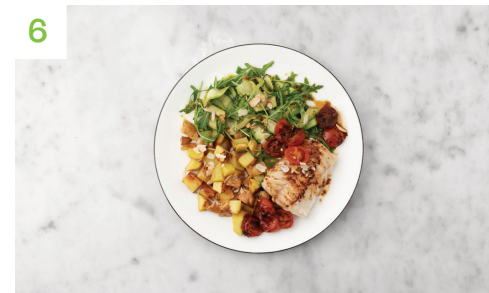
3



Cook the courgette

- Return the frying pan to high heat with a drizzle of **olive oil**.
- Cook **courgette**, tossing, until tender, **2-3 minutes**. Season and transfer to a large bowl.

6



Serve up

- To the bowl of courgette, add **spinach & rocket mix**, **basil pesto** and a drizzle of **white wine vinegar**. Toss to combine.
- Divide roast potatoes, pesto courgette salad and John dory between plates.
- Top fish with balsamic cherry tomato sauce and garnish with toasted almonds to serve. Enjoy!

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