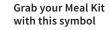


# Pan-Fried Dory & Herby Brown Butter Sauce

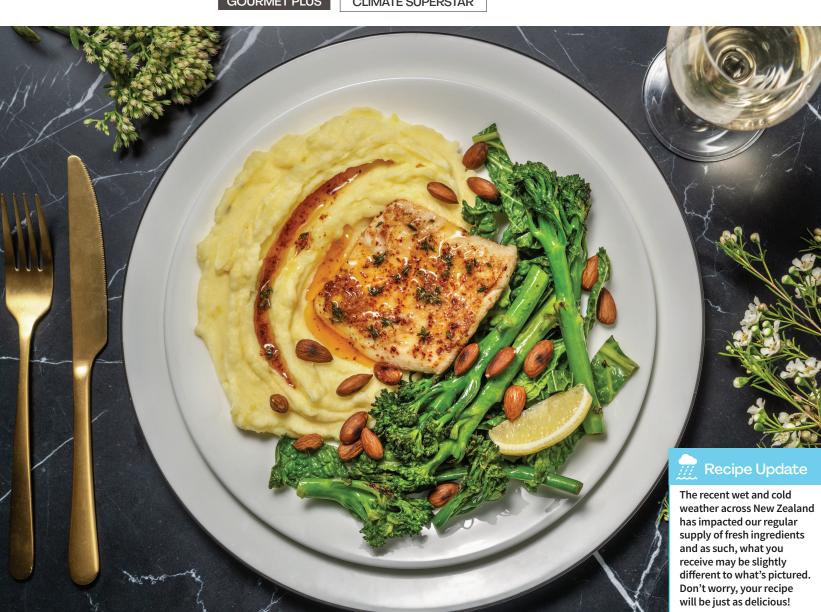
with Parmesan Mash, Greens & Almonds

GOURMET PLUS

CLIMATE SUPERSTAR















Leek







Lemon





Garlic



(Optional)



**Grated Parmesan** 

Cheese

John Dory Fillets

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me First

There's treasure to be found in the ocean and we've brought some up from the deep just for you. Plate up these dory fish fillets with a thyme butter sauce that can be soaked up in the Parmesan mashed potatoes. Tonight is a luxurious dinner that everyone will be falling in love with.

**Pantry items** 

Olive Oil, Butter, Milk

### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
butter* (for the mash)	20g	40g
milk*	2 tbs	⅓ cup
baby broccoli	1 bag	1 bag
leek	1	2
roasted almonds	1 packet	2 packets
lemon	1/2	1
thyme	1 bag	1 bag
garlic	2 cloves	4 cloves
John dory fillets	1 packet	2 packets
butter* (for the sauce)	40g	80g
chilli flakes / (optional)	pinch	pinch

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3101kJ (741Cal)	558kJ (133Cal)
Protein (g)	48.7g	8.8g
Fat, total (g)	42.7g	7.7g
- saturated (g)	20.5g	3.7g
Carbohydrate (g)	39.6g	7.1g
- sugars (g)	15.4g	2.8g
Sodium (mg)	407mg	73mg

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 Riesling or Sauvignon Blanc



#### Make the mash

- Boil the kettle. Half-fill a medium saucepan with boiling water and a generous pinch of **salt**.
- Peel potato and cut into large chunks.
- Cook potato in boiling water over high heat, until easily pierced with a fork, 12-15 minutes.
   Drain and return to the pan.
- Add grated Parmesan cheese, butter (for the mash) and the milk. Season with salt and pepper.
- · Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Get prepped

- Meanwhile, trim baby broccoli. Thinly slice white and light green parts of leek. Roughly chop roasted almonds.
- Zest **lemon** to get a good pinch, then slice into wedges.
- Pick **thyme** leaves. Finely chop **garlic**.



## Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby broccoli until tender, 5-6 minutes.
- Add leek and cook until softened, 2-3 minutes.
- Season to taste, then transfer to a bowl and cover to keep warm.



### Cook the fish

- Discard any liquid from John dory fillet packaging. Slice fish in half crossways to get 1 steak per person.
- Return frying pan to medium-high heat with a drizzle of olive oil. Season fish on both sides.
- When oil is hot, cook **fish** in batches until just cooked through, **2-3 minutes** each side.

**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.



# Make the sauce

- Flip the fish, then add butter (for the sauce), garlic and thyme to the pan. Cook until fragrant and beginning to brown, 2-3 minutes.
- Remove the pan from heat, then add a squeeze
  of lemon juice, the lemon zest and a pinch of
  chilli flakes (if using).
- Season with **pepper** and gently turn fish to coat.



### Serve up

- Divide Parmesan mash between plates.
- Top with greens and pan-fried John dory.
- Spoon over herby brown butter sauce and garnish with almonds.
- Serve with any remaining lemon wedges. Enjoy!

