

Pan-Fried Dory & Herby Brown Butter Sauce

with Parmesan Mash, Greens & Almonds

GOURMET PLUS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Leek



Roasted Almonds



Lemon



Thyme



Garlic



Chilli Flakes (Optional)



Grated Parmesan Cheese




John Dory Fillets

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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	¼ cup
baby broccoli	1 bag	1 bag
leek	1	2
roasted almonds	1 packet	2 packets
lemon	½	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

*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!



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.



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**.



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.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW44



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate