



Seared Snapper & Creamy Dill Sauce

with Parsnip Mash & Zesty Greens

Grab your Meal Kit with this symbol



Potato



Parsnip



Broccolini



Garlic



Dill



Lemon



Flaked Almonds



Snapper



Pure Cream



Vegetable Stock

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat me first

We've gone a little bit fancy on you with this snazzy snapper, coated in a creamy dill sauce and loaded with delicate and aromatic flavours. Accompanied by crunchy broccolini and a smooth mash, you won't believe you whipped up such a delight.

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 with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
broccolini	2 bunches	4 bunches
garlic	2 cloves	4 cloves
dill	1 bunch	1 bunch
lemon	½	1
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
snapper	1 packet	1 packet
pure cream	½ bottle (150ml)	1 bottle (300ml)
vegetable stock	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3820kJ (912Cal)	527kJ (126Cal)
Protein (g)	52.4g	7.2g
Fat, total (g)	51.8g	7.1g
- saturated (g)	30.1g	4.2g
Carbohydrate (g)	59.2g	8.2g
- sugars (g)	15.0g	2.1g
Sodium (mg)	903mg	125mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.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 Sauvignon Blanc or Riesling



1. Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip** and cut into 2cm chunks. Slice the **broccolini** in half lengthways. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **dill**. Zest the **lemon** (see ingredients list) to get a pinch, then slice into wedges.



4. Cook the fish

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Season the **snapper** on both sides with **salt** and **pepper**. When the oil is hot, add the snapper and cook until just cooked through, **3-4 minutes** each side. Transfer to a plate.

TIP: The fish is cooked through when it turns from translucent to white.



2. Make the parsnip mash

Add the **potato** and **parsnip** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **5 minutes** of cooking time, place a steamer basket or colander on top of the saucepan and add the **broccolini**. Cover with a lid and steam until tender. Transfer the **broccolini** to a bowl with the **lemon zest**. Season with a **pinch** of **salt** and **pepper**, toss to combine and cover to keep warm. Drain the **potato** and **parsnip**, then return to the saucepan. Add the **butter**, **milk** and the **salt**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



5. Cook the creamy dill sauce

Wash the frying pan and return to a low heat with a **drizzle** of **olive oil**. Add the **garlic** and cook, until fragrant, **1 minute**. Add the **pure cream** (see ingredients list), **vegetable stock** and **dill** (reserve some for garnish!) and cook until warmed and infused with the dill flavour, **4-5 minutes**. Season to taste with **salt** and **pepper**.



3. Toast the almonds

While the veggies are cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



6. Serve up

Divide the parsnip mash, snapper and zesty greens between plates. Spoon over the creamy dill sauce and garnish with the reserved dill. Sprinkle the toasted almonds over the broccolini and serve with the lemon wedges.

Enjoy!