



# Pan-Seared John Dory & Sesame Greens

with Coconut Lemongrass Sauce & Garlic Rice

GOURMET PLUS

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Green Beans



Lemon



Mixed Sesame Seeds



John Dory Fillets



Ginger & Lemongrass Paste



Coconut Milk



Soy Sauce Mix



Chilli Flakes (Optional)



Crushed Roasted Cashews

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me First

How do you make fish fragrant and mouth-watering? There's no need to deep dive into this because we have the answer prepared in a creamy coconut sauce. The secret is the ginger and lemongrass to add a hint of freshness and flavour.

### Pantry items

Olive Oil, Butter, Sesame Oil, Brown Sugar



## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1½ cups	3 cups
basmati rice	1 medium packet	2 medium packets
baby broccoli	1 medium bunch	2 medium bunches
green beans	1 medium packet	1 large packet
lemon	½	1
mixed sesame seeds	1 medium sachet	1 large sachet
<b>sesame oil*</b>	1 tsp	2 tsp
John dory fillets	1 packet	2 packets
ginger & lemongrass paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
chilli flakes (optional) 🌶️	1 pinch	1 pinch
crushed roasted cashews	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3295kJ (788Cal)	519kJ (124Cal)
Protein (g)	46.7g	7.4g
Fat, total (g)	39.3g	6.2g
- saturated (g)	22.5g	3.5g
Carbohydrate (g)	83.9g	13.2g
- sugars (g)	13.6g	2.1g
Sodium (mg)	1299mg	205mg

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](https://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?

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## We're here to help!

Scan here if you have any questions or concerns

2024 | CW11



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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan, then bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

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## Cook the fish

- Meanwhile, discard any liquid from **John dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Wipe out the frying pan, then return 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, halve any thicker stalks of **baby broccoli** lengthways.
- Trim **green beans**. Cut **lemon** into wedges.

5



## Make the sauce

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger & lemongrass paste** until fragrant, **1 minute**.
- Add **coconut milk**, **soy sauce mix**, the **brown sugar** and a pinch of **chilli flakes** (if using). Cook until slightly thickened, **3-4 minutes**.
- Return the **fish** to the pan and gently turn to coat. Season to taste.

**TIP:** Cover the pan with a lid if the paste starts to spatter!

3



## Cook the sesame greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans** until tender, **4-5 minutes**.
- Add **mixed sesame seeds** and cook, tossing, until golden, **2-3 minutes**.
- Add the **sesame oil** and a good squeeze of **lemon juice**. Season to taste, transfer to a bowl and cover to keep warm.

6



## Serve up

- Divide garlic rice between bowls. Top with sesame greens and pan-seared John dory.
- Spoon over coconut and lemongrass sauce.
- Garnish with **crushed roasted cashews** and serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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