



# Saucy Acqua Pazza-Style White Fish

with Potato Mash & Parsley

MEDITERRANEAN

CLIMATE SUPERSTAR

NEW

Grab your Meal Kit with this symbol



Potato



Courgette



Tomato



Celery



Onion



Garlic



Smooth Dory Fillets



Aussie Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Chilli Flakes (Optional)



Parsley



Peeled Prawns

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

Calorie Smart

Eat Me First

We're going crazy for this Acqua Pazza-style fish straight from the shores of Italy! Translating to "fish in crazy water", this dish is comprised of delicately cooked fish in a flavourful broth with veggies, garlic and herbs. Potato mash makes the perfect accompaniment, soaking up the delicious sauce.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Milk, 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
potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
courgette	1	2
tomato	1	2
celery	1 stalk	2 stalks
onion	½	1
garlic	3 cloves	6 cloves
smooth dory fillets	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>water*</b>	1 cup	2 cups
chicken-style stock powder	1 medium sachet	1 large sachet
chilli flakes  (optional)	pinch	pinch
<b>brown sugar*</b>	1 tsp	2 tsp
parsley	1 packet	1 packet
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	304kJ (73Cal)
Protein (g)	24.7g	3.7g
Fat, total (g)	19.6g	3g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	50.7g	7.7g
- sugars (g)	26.3g	4g
Sodium (mg)	1354mg	205mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1873kJ (448Cal)	303kJ (72Cal)
Protein (g)	22.7g	3.7g
Fat, total (g)	14.3g	2.3g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	51.3g	8.3g
- sugars (g)	26.9g	4.3g
Sodium (mg)	1897mg	307mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



1



## Make the mash

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

4



## Make the sauce

- Add **courgette**, **garlic**, **Aussie spice blend** and **tomato paste** and cook, tossing, until fragrant, **1-2 minutes**.
- Add the **water**, **chicken-style stock powder**, a pinch of **chilli flakes** (if using) and the **brown sugar**, and bring to a boil.

2



## Get prepped

- Meanwhile, slice **courgette** into half-moons. Roughly chop **tomato**. Thinly slice **celery** and **onion** (see ingredients). Finely chop **garlic**.
- Discard any liquid from **smooth dory fillet** packaging.
- Cut **fish** into bite-sized chunks. Season generously with **salt** and **pepper**.

5



## Cook the fish

- Reduce heat to medium, add **fish**, stir to combine and simmer until fish is cooked through, **5-6 minutes**. Season to taste.

**Custom Recipe:** If you've swapped to peeled prawns, cook prawns until pink and starting to curl up, 3-4 minutes.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery**, **onion** and **tomato**, and until tender, **4-6 minutes**.

6



## Serve up

- Divide potato mash between bowls. Top with saucy Acqua Pazza-style white fish.
- Tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)