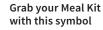
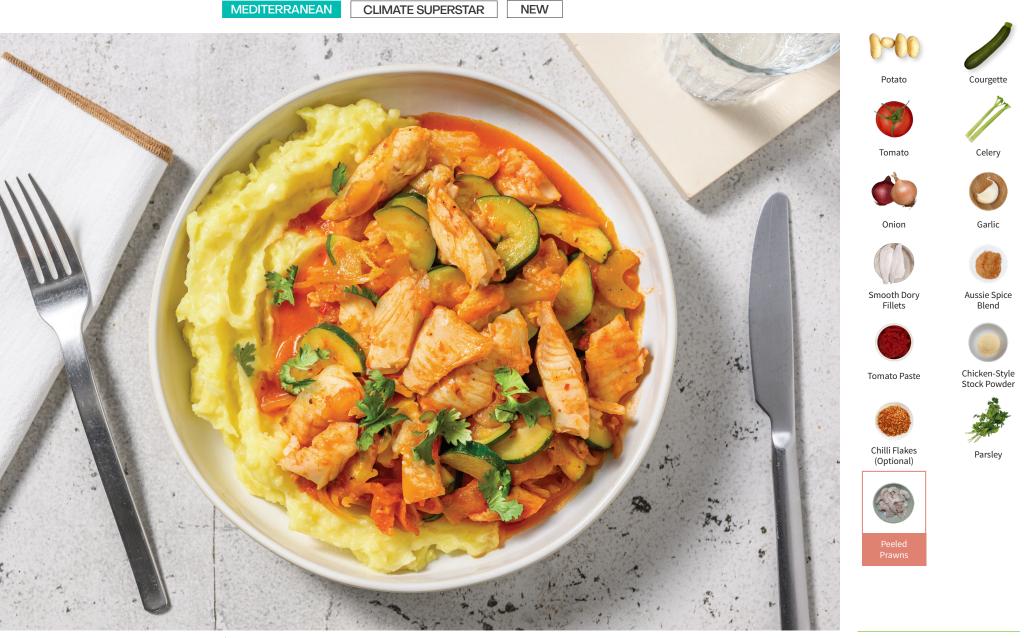


# Saucy Acqua Pazza-Style White Fish with Potato Mash & Parsley





Pantry items Olive Oil, Butter, Milk, Brown Sugar

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

1 Eat Me First

**Calorie Smart** 

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.

# 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  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
courgette	1	2
tomato	1	2
celery	1 stalk	2 stalks
onion	1/2	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
water*	1 cup	2 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>chilli flakes ∮</b> (optional)	pinch	pinch
brown sugar*	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
Original Designed		

#### 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** 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



## 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.



# 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**.



## 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.



#### 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.



# 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.



# 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