Herby White Fish & Pesto Lentil Salad

with Cucumber & Tomato

FAST FIBRE

Grab your meal kit with this number **35**

- Smooth Dory Fillets
- Tomato & Herb Seasoning
- Tomato
- Cucumber
- Lentils
- Plant-Based Basil Pesto
- Mixed Salad Leaves

Smooth Dory Fillets

Beef Rump

Prep in: 10-20 mins
Ready in: 20-30 mins

Eat Me First

Calorie Smart

Protein Rich

We're levelling up our favourite summer lentil salad with the addition of herby dory! Cucumber, tomato, lentils and mixed salad leaves come together to form the base, tossed through herby pesto and vinegar, before we add the fish on top. Chef's kiss!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
smooth dory fillets	280g	560g
tomato & herb seasoning	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
lentils	1 packet	2 packets
plant-based basil pesto	1 medium packet	2 medium packets
vinegar* *(balsamic or white wine)*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1930kJ (462Cal)	392kJ (94Cal)
Protein (g)	35.2g	7.2g
Fat, total (g)	21.3g	4.3g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	26.5g	5.4g
- sugars (g)	4.3g	0.9g
Sodium (mg)	1130mg	230mg
Dietary Fibre (g)	11.9g	2.4g

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

2025 | CW46

1

Cook the fish

- Remove **smooth dory fillets** from packaging and pat dry with paper towel.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- 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.
- In the **last minute** of cook time, sprinkle over **tomato & herb seasoning**, gently turning **fish** to coat.

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, slice **tomato** into thin wedges.
- Roughly chop **cucumber**.
- Drain and rinse **lentils**.

3

Toss the salad

- In a large bowl, combine **plant-based basil pesto** with a drizzle of **olive oil** and **vinegar**. Add **mixed salad leaves**, **drained lentils**, **tomato** and **cucumber**. Toss to coat and season to taste.

4

Finish & serve

- Divide pesto lentil salad between bowls.
- Top with herby white fish to serve. Enjoy!

CUSTOM OPTIONS

SMOOTH DORY FILLETS:
Follow method above.

BEEF RUMP:
Season as above. Cook for 4-5 minutes each side for medium-rare. Rest, then slice before serving.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO