



Cooking Made Easy

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Sumptuous Sea Bream with Tomato Concasse & Crispy Potatoes

World-renowned people generally all have one thing in common: a legacy. For Henry Ford it was the motorcar, for Thomas Edison it was the lightbulb. For our intern Simon, it was this lip-smackingly awesome Sea Bream. Taking the warm crunchiness of potatoes against the fresh southern asian flavours of fish with coriander, ginger and lime, it's the perfect dish for transporting your taste buds. Don't let the smell of the fish sauce throw you - add it gradually to your sauce for a really authentic asian spin!

35 min

family box

lactose free

seafood first

gluten free

healthy



Garlic Clove



Onion



New Potatoes



Coriander



Ginger



Vine Tomato



Sea Bream Fillet



Lime



Fish Sauce

Ingredients

	2P	4P
Garlic Clove, chopped	-	3
Onion, chopped	-	2
New Potatoes, halved	-	4 cups
Coriander, chopped	-	5 tbsp
Ginger, chopped	-	1 tsp
Vine Tomato, chopped	-	4
Sea Bream Fillet 1	-	4
Lime	-	1
Fish Sauce 1	-	2 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Fish

Nutrition per serving: Calories: 324 kcal | Protein: 29 g | Carbs: 42 g | Fat: 3 g | Saturated Fat: 1 g



1 Boil a medium sized pot of water and pre-heat the oven to 200 degrees. Peel and finely chop the garlic and the onion. Chop the new potatoes in half. Finely chop the coriander.

this 'concasse', but we just call it chopped tomato.



2 Hold the ginger with one hand and take a small spoon with the other. Drag the edge of the spoon across the skin of the ginger to peel it. Discard the skin and finely chop the ginger.

6 Heat 1 tbsp olive oil in a pan on medium-low heat. Add the garlic and onion and cook for 5 mins until soft. Add the tomato, turn the heat to low and bubble away for 15 mins. **Tip:** Add a tbsp of water now and again if the sauce starts to dry out.



3 LH: Toss the potatoes in 1 tbsp of olive oil and a sprinkle of salt and pepper. Place on a baking tray and cook on the top shelf of the oven. Cook for 25 mins or until crispy and cooked through. **Tip:** Shake the baking tray every 10 mins for even crispiness!

7 Heat 2 tsp olive oil in a frying pan on medium-high heat. Sprinkle a pinch of salt onto both sides of the sea bream and place in the pan skin side down. Cook for 2 mins until the skin has crisped up then gently turn over. Add 1 tsp butter (if you have it) and a squeeze of lime to the pan then remove the fish.



4 Slice just through the skin of each tomato from the top to the bottom. Repeat 3 more times so that the skin is sliced into 4 segments. Place the tomatoes in the boiling water for 60 seconds. Remove and run under cold water.

8 Add the ginger, fish sauce and 2 tbsp of coriander to the tomato concasse. **Tip:** Add the fish sauce bit by bit to taste as it's quite strong. Serve everything together with a glass of something cold and refreshing. Sprinkle over the remaining chopped coriander.

5 Peel the skin from the tomatoes (the segmenting makes this easier). Chop the tomatoes into little cubes. **Tip:** French chefs call

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