



# Pan-Fried Sea Bream and Chorizo Salsa with Creamy Garlic Mash and Green Beans

Premium 35-40 Minutes • 2 of your 5 a day

29



Potatoes



Garlic Clove



Lemon



Green Beans



Baby Plum Tomatoes



Chives



Flat Leaf Parsley



Diced Chorizo



Sea Bream Fillets

**Pantry Items**

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, fine grater, kitchen scissors, bowl, frying pan, colander, lid and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Lemon**	½	1	1
Green Beans**	150g	200g	300g
Baby Plum Tomatoes	125g	190g	250g
Chives**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chorizo**	60g	90g	120g
Sea Bream Fillets** 4)	2	3	4

Pantry	2P	3P	4P
Butter*	30g	45g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2674 /639	489 /117
Fat (g)	33.5	6.1
Sat. Fat (g)	13.8	2.5
Carbohydrate (g)	54.3	9.9
Sugars (g)	7.7	1.4
Protein (g)	33.0	6.0
Salt (g)	2.39	0.44

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Start the Mash

Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Peel and chop the **potatoes** into 2cm chunks. Peel the **garlic cloves**.

When boiling, add the **potatoes** and **garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, bring a medium saucepan of **water** with ½ **tsp salt** to the boil.

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## Make your Mash

Once the **potatoes** and **garlic cloves** are cooked, drain in a colander and return to the pan, off the heat.

Add the **chives**, **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash with the **garlic cloves** until smooth.

Season with **salt** and **pepper**. Cover with a lid to keep warm.

2



## Prep Time

Meanwhile, zest and halve the **lemon** (see ingredients for amount). Trim the **green beans**. Halve the **tomatoes**. Roughly chop the **chives** (use scissors if easier) and **parsley** (stalks and all).

In a medium bowl, combine **half** the **lemon juice** with the **tomatoes** and **parsley**. Season with **salt** and **pepper**, then set aside.

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Transfer the **cooked chorizo** and its **oils** to the bowl of **tomatoes** and stir to combine.

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## Pan-Fry the Fish

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Pat the **sea bream** dry with kitchen paper, then season with **salt** and **pepper**. Sprinkle over the **lemon zest**.

Once hot, carefully place your **sea bream** in the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get **crispy skin** on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

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## Bring on the Beans

Once your medium pan of **water** is boiling, add the **green beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil**.

Cover with the lid to keep warm until ready to serve.

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## Serve Up

When everything's ready, transfer the **sea bream** to your plates and serve the **mash** and **green beans** alongside.

Spoon the **chorizo salsa** over the **fish** and serve with the remaining **lemon** cut into wedges for squeezing over.

## Enjoy!