



# Zesty Sea Bream and Mango Salsa with Roast Potatoes and Pea Shoot Salad

Calorie Smart Luxe 35-40 Minutes • Mild Spice • 2 of your 5 a day

30



Salad Potatoes



Mango



Baby Plum Tomatoes



Spring Onion



Lime



Coriander



Red Chilli



Honey



Sea Bream Fillets



Pea Shoots

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray, bowl, fine grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Mango**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Spring Onion**	1	1	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Honey	15g	30g	30g
Sea Bream Fillets** 4)	2	3	4
Pea Shoots**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>614g</b>	<b>100g</b>
Energy (kJ/kcal)	2085 /498	340 /81
Fat (g)	22.1	3.6
Sat. Fat (g)	3.3	0.5
Carbohydrate (g)	63.6	10.4
Sugars (g)	35.9	5.9
Protein (g)	24.2	3.9
Salt (g)	0.45	0.07

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

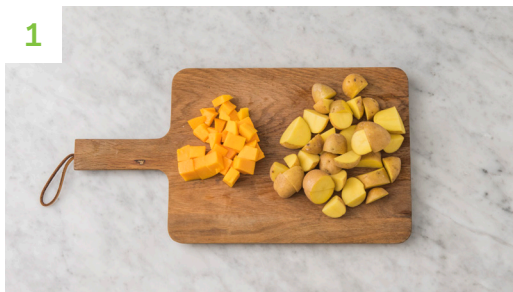
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## Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Quarter the **salad potatoes** (no need to peel).

Peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

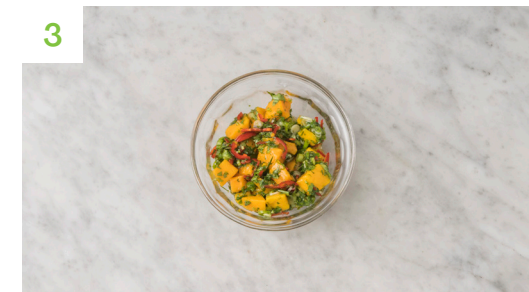


## Roast the Potatoes

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.

While the **potatoes** cook, halve the **baby plum tomatoes**, then pop them into a large bowl and set aside.



## Make your Mango Salsa

Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Finely chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed, then finely chop.

In another large bowl, combine the **honey** and **olive oil for the salsa** (see pantry for amount). Squeeze in the **lime juice** and season with **salt** and **pepper**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

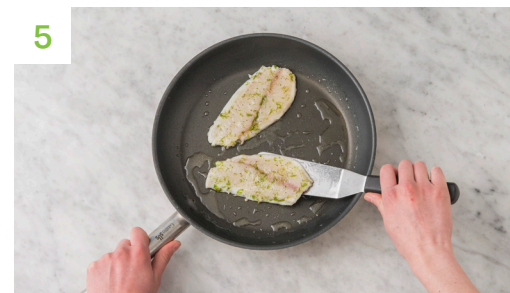
Add the **mango**, **spring onion**, **chilli** (see ingredients for amount, add less if you'd prefer things milder) and **coriander** to the bowl. Stir to combine, then add **two thirds** of the **salsa** to your bowl of **tomatoes** and set aside the rest.



## Flavour the Sea Bream

Pop the **lime zest** into a small bowl with the **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper** and mix together.

Lay the **sea bream** onto a plate and spoon over the **lime** marinade. Spread all over each **fillet** to evenly coat. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

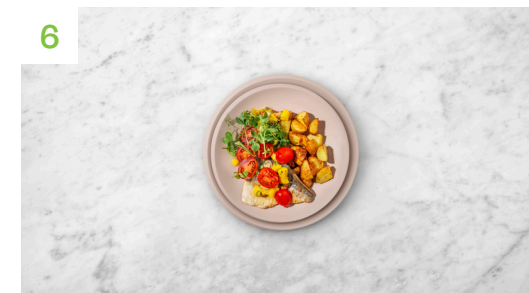


## Fish to Fry

When 10 mins of roasting time remain, heat a large frying pan on medium-high heat (no oil).

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:** The fish is cooked when opaque in the middle.



## Finish and Serve

When everything's ready, add the **pea shoots** to the bowl of **mango** and **tomato salsa** and toss to coat.

Transfer the **sea bream** to your plates and share out the **roast potatoes** and **pea shoot salad** alongside.

Spoon the remaining **mango salsa** over the **fish** to finish.

Enjoy!