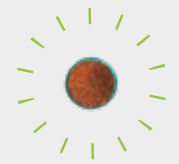




# CAJUN BREAM

with Herby Mash and Garlicky Green Beans



## HELLO CAJUN BLACKENING SPICE

*This is a fragrant blend of Paprika, Salt, Pepper, Mustard Seeds, Thyme, Cumin, Chillies, Cayenne and Oregano.*



Potato



Flat Leaf Parsley



Green Beans



Garlic Clove



Gilt Bream Fillet



Cajun Blackening Spice



Lemon

MEAL BAG

20 mins

Rapid recipe

1 of your 5 a day

Medium spice

Blackening is a cooking technique where meat or fish is rubbed in oil or butter, dredged in the spice blend, and then cooked under a very high heat. This is a great way to cook delicate white fish like bream, giving it a richly coloured and highly flavoured crust. For a dish that's on the table in twenty minutes, this simple showstopper really is the catch of the day!

GET **PREPARED!**

Fill and boil your **Kettle..**

# BEFORE YOU START

1 Fill and boil your **Kettle**. 2 Wash the veggies. 3 Make sure you've got a **Large Saucepan, Colander, Fine Grater, Baking Tray, Frying Pan** (with a **Lid**), and **Potato Masher**. Let's start cooking the **Cajun Bream with Herby Mash and Garlicky Green Beans**.



## 1 BOIL THE SPUDS

- Chop the **potato** into 2 cm chunks (no need to peel).
- Pop them into a large saucepan with a pinch of salt. Pour in the boiling water and put the pan onto high heat. Cook until soft, 12-15 mins. When cooked, drain in a colander and return to the pan (off the heat).



## 4 MAKE THE DRIZZLE

- Put the remaining **Cajun spice** into a small bowl.
- Grate in the **lemon zest**, then squeeze in some of the **juice**.
- Season with **salt** and mix in **half the parsley** and the **olive oil** (see ingredients for amount).
- Add more **lemon juice** to taste.



## 2 PREP THE VEGGIES

- Meanwhile, roughly chop the **flat leaf parsley** (stalks and all).
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).



## 5 GRILL THE BREAM

- Place the **bream** (skin-side up) on a baking tray under the grill and cook until the centre is opaque and the skin is crispy, 5-6 mins.
- Meanwhile, heat a splash of **oil** in a frying pan over medium-high heat. Add the **green beans** and stir-fry for 3 mins then add the **garlic** and a splash of water. Cover with a lid.
- Cook until the **beans** are tender, another 3 mins. **★ TIP:** Add splashes of water as and when necessary.



## 3 MARINATE THE BREAM

- Pop the **bream** on a plate and sprinkle on **half the Cajun spice**. Season with **salt** and drizzle on a splash of **oil**.
- Rub the flavourings into the **fish**.
- Preheat your grill to medium-high.



## 6 FINISH AND SERVE

- Mash the **potato**, adding a splash of **milk** and some **butter** (if you have some).
- Mix in the remaining **parsley** and season with **salt** and **pepper**.
- Share between your bowls, top with the **beans** and then the **bream**. Finish with the **spicy drizzle**.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	2	3	4
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Green Beans	1 small pack	1 small pack	2 small packs
Garlic Clove	1	1	2
Gilt Bream Fillet 4)	2	3	4
Cajun Blackening Spice 9)	1 small pot	¾ large pot	1 large pot
Lemon	½	1	1
Olive Oil*	1 tbsp	1½tbsp	2 tbsp

\*Not included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 539G	PER 100G
Energy (kcal)	479	89
(kJ)	2004	372
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	73	13
Sugars (g)	7	1
Protein (g)	31	6
Salt (g)	0.40	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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