



CAJUN SPICED BREAM

with Sweet Potato & Spring Green Mash and Chive Dressing



HELLO CAJUN BLACKENING SPICE

This unique blend of spices is named after the Cajun people who originally developed it.



Spring Greens



Garlic Clove



Lemon



Chives



White Potato



Sweet Potato



Gilt Bream Fillet



Olive Oil for the Marinade



Cajun Blackening Spice



Olive Oil for the Dressing



Netherend Butter

40 mins

2.5 of your 5 a day

Very Hot

Blackening is a traditional Cajun way of cooking, dipping food first in melted butter or oil and then in spice before frying in a hot pan. The spices char slightly, bringing flavour and a dark colour - hence the name. We've made Cajun Blackening Spice our Spice of the Month for September. It's a fiery mixture of paprika, mustard, cumin and plenty of chilli. This bream cooks quickly but packs a nice slow burn!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Fine Grater**, **Baking Tray**, **Baking Paper**, **Frying Pan**, **Large Bowl**, some **Foil**, **Kitchen Paper** and a **Potato Masher**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Remove the root from the **spring greens** and slice as thinly as you can. ★ **TIP:** *Cut the leaves in half lengthways if they are very long.* Rinse under cold water in a colander. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and finely chop the **chives**. You can snip the **chives** with scissors if you like.



2 ROAST THE POTATOES

Chop the **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them on a lined baking tray and drizzle over a splash of **oil**. Season with **salt** and **black pepper**, then toss to coat. Roast on the top shelf of your oven until golden and just soft enough to eat, 25 mins. Turn halfway through cooking.



3 MARINATE THE FISH

Drizzle the **bream** with the **olive oil** for the marinade (amount specified in the ingredient list). Season with **salt** and half the **Cajun blackening spice** (don't use all of it!). Rub this into both sides of the **fish**. In a small bowl, mix the remaining **Cajun spice** with half the **chives**, a pinch of **lemon zest** and the **olive oil** for the dressing (amount specified in the ingredient list). Season with **salt** and a squeeze of **lemon juice**.



4 COOK THE GREENS

Put a splash of **oil** in a frying pan over medium heat. Stir-fry the **spring greens** until soft and wilted, 4-5 mins. Add a splash of **water** if necessary to help them along. When wilted, add the **garlic**, cook for 1 minute more and season with **salt** and **black pepper** to taste. Transfer to a large bowl and cover with foil to keep warm. Wipe the frying pan clean with some kitchen paper, we'll use it to fry the **fish**.



5 MASH THE POTATO

When cooked, transfer the **potato** to your bowl with the **spring greens** and mash roughly with a potato masher (or a fork). It won't be smooth but it will be delicious - we call this a 'smash'. Mix in the **butter** and remaining **chives**. Season to taste with **salt** and **black pepper**, then cover tightly with foil to keep warm while you fry the fish!



6 FRY THE FISH

Put a splash of **oil** in the (now empty) frying pan over medium-high heat. When hot, carefully lay in the **fish**, skin-side down. Cook until the skin is crispy, 3 mins. Carefully turn and cook on the flesh side until the centre is opaque, another 2-3 mins. Remove from the heat. Serve your **mash** on plates topped with the **fish** and a drizzle of **dressing**. **Enjoy!**

2 PEOPLE INGREDIENTS

Spring Greens, sliced	1 pack
Garlic Clove, grated	1
Lemon	½
Chives, chopped	1 bunch
White Potato, chopped	1
Sweet Potato, chopped	1
Gilt Bream Fillet 4)	2
Olive Oil for the Marinade*	1 tbsp
Cajun Blackening Spice 10)	1½ tsp
Olive Oil for the Dressing*	2 tbsp
Netherend Butter 7)	15g

*Not Included

	PER SERVING	PER 100G
Energy (kcal)	644	117
(kJ)	2710	493
Fat (g)	33	6
Sat. Fat (g)	9	2
Carbohydrate (g)	64	12
Sugars (g)	12	2
Protein (g)	30	6
Salt (g)	1.05	0.19

ALLERGENS

4)Fish 7)Milk 10)Mustard

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

