



Cheesy Chorizo Crusted Sea Bream

with Roasted Potatoes, Asparagus and Aioli

Premium 50 Minutes • 1 of your 5 a day

33



Potatoes



Lemon



Chorizo



Panko Breadcrumbs



Grated Hard Italian
Style Cheese



Mayonnaise



Sea Bream
Fillet



Garlic Clove



Asparagus Bundles

Before you start

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

Cooking tools

Baking Tray, Zester, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Lemon**	½	1	1
Chorizo**	60g	90g	120g
Panko Breadcrumbs 13)	10g	20g	20g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese** 7) 8)	25g	30g	40g
Mayonnaise 8)	2 sachets	3 sachets	4 sachets
Sea Bream Fillet** 4)	2	3	4
Garlic Clove**	½	1	1
Asparagus Bundles**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	685g	100g
Energy (kJ/kcal)	2868 / 685	533 / 127
Fat (g)	38	7
Sat. Fat (g)	10	2
Carbohydrate (g)	47	9
Sugars (g)	6	1
Protein (g)	39	7
Salt (g)	2.39	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Gluten

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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1



Roast the Potatoes

If you want to eat your pudding straight after your main, do step 1 and 2 of your crumble before you start cooking your main and pop it in the oven when you eat your main course.

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). 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, 25-35 mins. Turn halfway through.

4



Make the Aioli

Peel and grate the **garlic** (or use a garlic press). **TIP:** Use less garlic if you don't like raw garlic. Put the **garlic** into the bowl with the **mayo** and squeeze in some **lemon juice**. Season with **salt** and **pepper**. Mix together then set aside.

2



Prep the Crust

Zest and halve the **lemon** (see ingredients for amount) and roughly chop the **chorizo** into small pieces. Pop the **chorizo**, **breadcrumbs** and **olive oil** (see ingredients for amount) into a bowl. Add the **cheese**, **lemon zest** and season with **pepper**. Mix together.

3



Roast the Sea Bream

Put **three quarters** of the **mayonnaise** into a bowl and set aside. Lay the **sea bream**, skin-side down, onto a baking tray lined with baking paper. Spread the remaining **mayo** over the flesh of the **fish**, then spoon over the **chorizo crumb**. Press it down with a spoon. Roast on the middle shelf of your oven until the **crumbs** are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque all the way through.

5



Fry the Asparagus

Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways. Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **asparagus** and season with **salt** and **pepper**. Fry for 1 min, then add a splash of **water** and cover the pan with a lid or some foil. Turn the heat to medium and steam until the **asparagus** is tender, 4-6 mins, then remove from the heat.

6



Finish and Serve

Serve the **crusted sea bream** on plates with the **potatoes**, **asparagus** and a spoonful of **aioli** alongside. Chop any remaining **lemon** into **wedges** for squeezing over.

Enjoy!



Apple Crumble Dessert

with Creme Fraiche

Premium 45 Minutes • 1 of your 5 a day • Veggie

33



Apple



Ground Cinnamon



Caster Sugar



Butter



Granola



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl and Ovenproof Dish.

Ingredients

	2P	3P	4P
Apple**	4	6	8
Ground Cinnamon	½ sachet	1 sachet	1 sachet
Caster Sugar	75g	112g	150g
Butter** 7)	60g	90g	120g
Flour	72g	120g	144g
Granola 13)	30g	60g	60g
Creme Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	784g	100g
Energy (kJ/kcal)	3273 / 784	972 / 233
Fat (g)	40	12
Sat. Fat (g)	25	7
Carbohydrate (g)	105	31
Sugars (g)	61	18
Protein (g)	6	2
Salt (g)	0.24	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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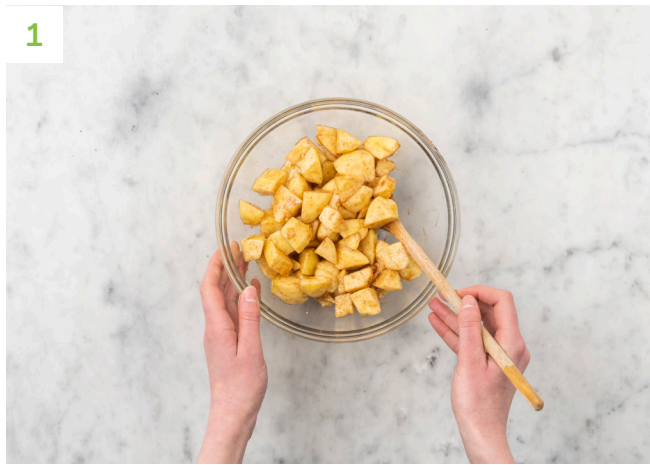
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1



Make the Apple Filling

If it isn't already, preheat your oven to 200°C. Peel the **apples**, then quarter, core and roughly chop them. Pop into a medium bowl along with the **ground cinnamon** and **half** the **sugar**. Mix well to ensure the **apples** are evenly coated. Set aside.

2



Make your Crumble Topping

Chop the **butter** into 1cm pieces. In a large bowl, combine the **flour** (see ingredients for amount) and remaining **sugar**. Add the **chopped butter** and rub it in with your fingertips until the **mixture** resembles breadcrumbs. Stir through the **granola**. Pop the **apple filling** into an appropriately sized ovenproof dish and cover evenly with the **crumble topping**.

3



Bake the Crumble

Pop the **crumble** on the top shelf of your oven and bake until the top is golden and the **apple** is bubbling, 35-40 mins. Allow to cool slightly before serving with a dollop of **creme fraiche**.

Enjoy!