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## Crisp Fillet of Bream with Cassava Chips and Brazilian Salsa

With the final week of the summer sport event of the year looming, we've added a bit of Brazilian magic to this week's fish dish. André's revamped traditional British fish and chips with a latino twist - so get stuck into this fish and cassava chips!



35 mins



healthy



gluten  
free



lactose  
free



spicy



Cassava (1)



Vine Tomato (2)



Red Onion (1)



Green Pepper (1)



Coriander (1 bunch)



Lime (1)



Extra Virgin  
Olive Oil (2 tbsp)



Red Chilli (1)



Garlic Clove (1)




Sea Bream Fillet (2)

## 2 PEOPLE INGREDIENTS

- Cassava
- Vine Tomato, chopped
- Red Onion, chopped
- Green Pepper, chopped
- Coriander, chopped

- 1
- 2
- 1
- 1
- 1 bunch
- Lime
- Extra Virgin Olive Oil
- Red Chilli, sliced
- Garlic Clove, grated
- Sea Bream Fillet
- 1
- 2 tbsp
- 1
- 1
- 2

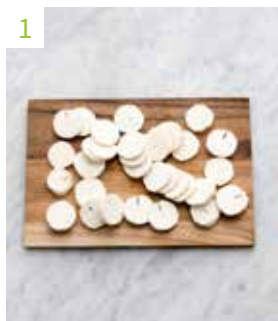
 Our fruit and veggies may need a little wash before cooking!

**Did you know...**  
Cassava is a great source of vitamin C.

**Allergens:** Fish

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	380 kcal / 1618 kJ	4 g	1 g	69 g	12 g	23 g	0 g
Per 100g	67 kcal / 285 kJ	1 g	0 g	12 g	2 g	4 g	0 g



**1** Pre-heat your oven to 200 degrees. Peel the **cassava** and remove the pointy ends. Cut the **cassava** into circles ½cm thick. Pop them on a baking tray and drizzle over a splash of **oil**. Season with a generous pinch of **salt** and toss well. Roast in your oven for 25 mins, turn after 12 mins to make sure they cook evenly.



**2** Next prepare your salsa. Chop the **vine tomato** into small chunks (ideally ½cm). Pop in a bowl and season with a pinch of **salt** and mix well. Cut the **red onion** in half through the root, peel and then chop half into small chunks (ideally ½cm or as small as you can). Add these to your **tomato**. Slice the other half into thin half moon shapes.



**3** Remove the core from the **green pepper** and then slice as thinly as you can. Take a quarter of these slices and chop into small cubes. Add this to your **red onion** and **tomato** mix. Your salsa is beginning to take shape!

**4** Roughly chop the **coriander**, zest the **lime** and add both to your **salsa**. Squeeze the **lime juice** in as well and then stir in the specified quantity of **olive oil** (see ingredient list). Cut the **chilli** in half lengthways, remove the seeds and then thinly slice. If you want some heat in your **salsa** add a pinch to start with and keep adding until you have the required level of heat.



**5** Finally, peel and grate the **garlic**. Heat a frying pan on high heat and add a splash of **oil**. When the oil is hot, add your **red onion** and **pepper** and cook for 5 mins or until soft. Lower the heat to medium and then add your **garlic**. Cook for 1 minute more and then remove from the pan and transfer to an ovenproof dish. Wipe the pan out with kitchen paper and then prepare to cook the sea bream.

**6** When your **cassava** chips are ready, lower the heat of your oven to 100 degrees and place your stir-fried veggies in your oven to keep warm. Heat the (now empty) frying pan on high heat and add a splash of **oil**. Pat the **bream** dry with kitchen paper and season each **fillet** with a pinch of **salt** on both sides. Add your **bream** to the pan skin-side down and leave to cook for 3 mins. **Tip:** *The edges of the fish will begin to brown to let you know that the skin is beginning to crisp up!* After 3 mins, carefully turn your **bream** over and cook for another 2-3 mins, until the centre of the flesh is white.

**7** Once your **bream** is cooked get ready to plate up! Arrange a neat pile of your **cassava** chips on one side of each plate, pop some of your **veggies** alongside and then place your **fish** on top. Cover in your **salsa**, making sure to drizzle over the **zesty juices**. Serve immediately and enjoy!!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!