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Crispy Sea Bream with Braised Fennel, Parsley Mash and Zesty Crumbs

At HelloFresh we love to take familiar favourites and give them a fresh twist. In this recipe we replaced the traditional crumbed fish with a 'deconstructed' zesty crumb. Served with braised fennel and parsley mash this one definitely takes it up a notch!

 35 mins

 1 of your 5 a day

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Red Potato
(1 pack)



Fennel
(1)



Lemon
(1)



Flat Leaf Parsley
(2 bunches)



Garlic Clove
(1)



Water
(200ml)



Panko Breadcrumbs
(20g)



Netherend Butter
(30g)



Sea Bream Fillet
(2)

2 PEOPLE INGREDIENTS

- Red Potato, chopped
- Fennel
- Lemon
- Flat Leaf Parsley, chopped
- Garlic Clove, grated

1 pack
1
1
2 bunches
1

- Water
- Panko Breadcrumbs
- Netherend Butter
- Sea Bream Fillet

200ml
20g
30g
2

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

Did you know...

Parsley was used in ancient Rome to eliminate the effects of a hangover!

Allergens: Milk, Fish, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	364 kcal / 1528 kJ	12 g	6 g	45 g	4 g	24 g	0 g
Per 100g	79 kcal / 333 kJ	3 g	1 g	10 g	1 g	5 g	0 g



1 Pop a pot of water on high heat and add a generous pinch of **salt**. Chop the **red potato** into 2cm chunks (no need to peel). Add them to the pot and bring to the boil. When boiling, reduce the heat to medium and simmer for 15-20 mins or until you can easily slip a knife through.



2 While your potato cooks, get on with the rest of your prep. Remove the leafy tops from the **fennel** and keep to one side. Cut your **fennel** in half lengthways. Remove the tough core at the base (see picture) and then slice into pieces about the width of your little finger.



3 Zest the **lemon**, finely chop the **parsley** and then peel and grate the **garlic** (or use a garlic press if you have one). Finely chop the leafy tops of the **fennel** and keep to one side.

4 Heat a frying pan over high heat and add a splash of **oil**. Add your **fennel slices** to the pan and cook for 5 mins and until lightly browned. Add your **garlic**, cook for 1 minute more and then add the **water** (amount specified in the ingredient list). Reduce the heat to low, cover the pan loosely with foil or baking paper and cook gently for 15 mins or until your **fennel** is tender.



5 Place a frying pan on medium heat and add a glug of **oil**. When the **oil** is hot add the **breadcrumbs** and cook for 3 mins, stirring frequently until they are golden. Season the **breadcrumbs** with a pinch of **salt** and transfer to a small mixing bowl. (Wipe the frying pan with kitchen paper, we will use it again later). Allow your **breadcrumbs** to cool and then mix in half your **parsley** and a pinch of **lemon zest** per person. Keep to one side.

6 When your **potato** is cooked, drain into a colander. Return to the pot and mash with a potato masher until smooth. Mix in the **butter**, remaining **parsley** and season with **salt** and **black pepper** if necessary. Keep warm with the lid on.

7 Heat the frying pan used for the breadcrumbs over high heat and add a splash of **oil**. Season the **sea bream** with a pinch of **salt** on both sides. Carefully place your **bream** in the pan skin-side down. Cook on high heat for 3 mins and until you see the edges beginning to brown. Flip them over with a fish slice and cook for another 2 mins. **Tip:** *The fish is cooked when the centre is white.*

8 When your **fennel slices** are cooked, drain the leftover water and then mix in your **fennel tops**. Pop some **fennel** next to a generous portion of your **parsley mash** and then place your **bream** alongside. Finish with a healthy sprinkle of your **zesty crumbs**.

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