



# PAN-FRIED GILT BREAM

with Roasted Sweet Potatoes and Brazilian Salsa

SPECIALITY INGREDIENT



## HELLO GARLIC

After preparing garlic, rubbing your hands on a stainless steel spoon can help get rid of the smell!



Sweet Potato



Vine Tomato



Red Onion



Green Pepper



Coriander



Lime



Red Chilli



Garlic Clove



Gilt Bream Fillet

MEAL BAG  
19

- 35 mins
- 4 of your 5 a day
- Very hot

Chef Andre takes a lot of his cooking inspiration from his French roots but this colourful and exotic dish was inspired by a recent trip he made to Brazil. In this bright and beautifully flavoured recipe, crispy skinned gilt bream is served alongside roasted sweet potato, juicy green peppers and finished with a zesty salsa. Pair with a crisp Italian white wine like Greco Di Tufo and you're onto a weeknight winner!

# BEFORE YOU START

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



## 1 ROAST THE SWEET POTATO

Preheat your oven to 200°C. Cut the **sweet potato** into 2cm chunks (no need to peel). Pop them on a baking tray and drizzle over a splash of **oil**. Season with a pinch of **salt** and toss well. Roast on the top shelf of your oven for 25 mins. Turn halfway through cooking.



## 2 START THE SALSA

Chop the **vine tomato** into small chunks. Pop into a mixing bowl, and season with a pinch of **salt** and stir well. Halve and peel the **red onion**. Chop one half into small chunks and add to the **tomato**. Slice the other half into thin half moons. Halve the **green pepper** and discard the core and seeds. Slice as thinly as you can. Take a quarter of these slices and chop into small cubes. Add to the **salsa**.



## 3 FINISH THE SALSA

Roughly chop the **coriander** (stalks and all), zest the **lime** and add both to your **salsa**. Halve the **lime** then squeeze in the **lime juice** and stir in the **olive oil** (see ingredients for amount). Halve the **chilli** lengthways, deseed and thinly slice. Add a pinch to start with, taste and keep adding until you have the required level of heat. Keep the salsa to one side.



## 4 STIR-FRY THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Heat a frying pan on medium-high heat and add a splash of **oil**. When the **oil** is hot, add the **onion** and **pepper slices**. Cook, stirring frequently until soft, 5 mins. Lower the heat to medium then add the **garlic**. Cook for 1 minute more and transfer to a plate, we will reheat them later. Wipe the pan out with kitchen paper and prepare to cook the **gilt bream**.



## 5 NOW THE BREAM

Heat a splash of **oil** in the now empty frying pan on high heat. Season the **fish** with **salt** and **pepper** on both sides. Carefully, add the **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 and cook for another 2-3 mins. **! IMPORTANT:** *The fish is cooked when the centre is opaque.*



## 6 SERVE

Meanwhile, add the **stir-fried veggies** to one side of the sweet potato tray and warm through for 2 mins. When everything is ready, share the **sweet potato** between your plates in one layer. Nestle the **pepper** and **onion** in between and top with the crisp **gilt bream fillet** (skin-side up!). Spoon the **salsa** around, making sure to drizzle over the **zesty juices**. Serve immediately. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato ✳	1	2	2
Vine Tomato	2	3	4
Red Onion ✳	1	1	2
Green Pepper ✳	1	1	2
Coriander ✳	1 bunch	1 bunch	1 bunch
Lime ✳	1	1	2
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Red Chilli ✳	½	¾	1
Garlic Clove ✳	1	1	1
Gilt Bream Fillet 4) ✳	2	3	4

\*Not Included ✳ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 686G	PER 100G
Energy (kJ/kcal)	2295/ 549	335/ 80
Fat (g)	19	3
Sat. Fat (g)	3	1
Carbohydrate (g)	76	11
Sugars (g)	27	4
Protein (g)	24	4
Salt (g)	0.43	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish

## PAIR THIS MEAL WITH

A white wine like a Pinot Gris

🧼 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.

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