



# PAN-FRIED SEA BREAM

WITH SAFFRON MASH, CHORIZO SALSA AND GREEN BEANS



## HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Potato



Premium Tomatoes



Flat Leaf Parsley



Lemon



Green Beans



Diced Chorizo



Unsalted Butter



Saffron Powder



Sea Bream

Chorizo is the perfect partner for seafood. In this beautiful dish, the paprika-infused oil mingles with sweet tomato and fragrant parsley to make a piquant salsa for pearly-white sea bream fillets. Golden saffron brings an air of glamour to creamy mashed potato. Add some fresh, green beans and you've got a plateful that's as lovely to look at as it is to eat!

35 mins

2 of your 5 a day



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans (with Lids)**, a **Peeler**, **Frying Pan**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 PREP TIME!

Put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Peel the **potato** and chop into 2cm chunks. When the **water** is boiling, add the **potato** to your pan and cook, 15-20 mins. Meanwhile, halve the **tomatoes** and roughly chop the **parsley** (stalks and all). Pop the **tomatoes** in a bowl, squeeze on some **lemon juice** and mix in **half** the **parsley**. Season with **salt** and **pepper**. Trim the tops from the **green beans**.



### 4 BOIL THE BEANS

Add the **green beans** to your second pan of boiling **water** and cook for 4-5 mins. Once cooked, drain in the colander, return to the pan and pop the lid back on to keep warm until ready to serve.



### 2 COOK THE CHORIZO

Meanwhile, heat a splash of **oil** in a frying pan on medium heat. Add the **chorizo** and cook, stirring occasionally until it's slightly crisp and has released some of its delicious oil, 3-4 mins. Transfer the cooked **chorizo** and its cooking **oil** to the bowl of **tomatoes** and stir gently to combine. Reserve the pan to cook the fish later.



### 5 PAN-FRY THE FISH

Heat a splash of **oil** in your frying pan on medium-high heat. Season the **sea bream** with a pinch of **salt** and **pepper**. Lay the **bream fillets** in your frying pan skin-side down and cook for 3-4 mins (don't move them while they cook), then turn and cook for 2 mins on the other side. Remove from the heat. **❗ IMPORTANT:** *The fish is cooked when the centre is opaque.*



### 3 MASH THE POTATO

Put another large saucepan of **water** with a pinch of **salt** on to boil. Once the **potato** is soft, drain in a colander and allow to sit for a minute. Tip back into your empty pan and mash until smooth with the remaining **parsley**, the **butter**, **saffron powder** and a pinch of **salt** and **pepper**. Taste and add more **seasoning** if you think it needs it. Put the lid on and leave to the side to keep warm.



### 6 FINISH AND SERVE

Share the **saffron mash** between your plates, top with the **chorizo salsa**, then add the **sea bream** and **green beans**. Serve with a wedge of **lemon**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Premium Tomatoes, halved	1 small punnet
Flat Leaf Parsley, chopped	1 small bunch
Lemon	½
Green Beans, trimmed	1 pack
Diced Chorizo 7)	60g
Unsalted Butter 7)	30g
Saffron Powder	1 sachet
Sea Bream 4)	2

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 524G	PER 100G
Energy (kcal)	547	104
(kJ)	2287	436
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	50	10
Sugars (g)	7	1
Protein (g)	33	6
Salt (g)	1.10	0.21

### ALLERGENS

4) Fish 7) Milk

### PAIR THIS MEAL WITH

A Spanish White such as an Albariño

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

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