



# Pan-Fried Sea Bream

with Creamy Garlic Mash, Chorizo Salsa and Green Beans

Premium 35 Minutes • 1 of your 5 a day

30



Potatoes



Garlic Clove



Lemon



Chives



Green Beans



Premium Tomatoes



Flat Leaf Parsley



Chorizo



Unsalted Butter



Sea Bream Fillet

## Before you start

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

## Cooking tools, you will need:

Saucepan, Bowl, Frying Pan, Colander, Potato Masher.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove	1	2	2
Lemon**	½	1	1
Chives**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Premium Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chorizo**	60g	90g	120g
Unsalted Butter 7)**	30g	40g	60g
Sea Bream Fillet 4)**	2	3	4

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2647 /633	484 /116
Fat (g)	36	7
Sat. Fat (g)	14	3
Carbohydrate (g)	45	8
Sugars (g)	3	1
Protein (g)	33	6
Salt (g)	1.63	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk

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.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 1 Prep Time

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Peel and chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic**. When the **water** is boiling, add the **potatoes** and **garlic clove(s)** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, zest and halve the **lemon**. Roughly chop the **chives**. Trim the **green beans**. Halve the **tomatoes** and roughly chop the **parsley** (stalks and all). Add a squeeze of **lemon juice** to a bowl, season with **salt** and **pepper** and mix together. Pop the **tomatoes** and the **parsley** into the bowl and mix again.



## 4 Mash the Potato

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add the **butter** and a splash of **milk** (if you have any) and mash until smooth. Add the **chives**, season to taste with **salt** and **pepper** if needed and mash again until well combined. Cover with a lid to keep warm.



## 2 Cook the Chorizo

Meanwhile, put a small saucepan of **water** with ½ tsp **salt** on to boil the **green beans**. Heat a splash of **oil** in a large 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. Set aside. Reserve the pan to cook the **fish** later (no need to wash).



## 5 Pan-Fry the Fish

Meanwhile, heat a splash of **oil** in your frying pan on medium-high heat. Season the **fish** with **salt** and **pepper** and sprinkle over the **lemon zest**. Once the **oil** is hot, carefully place your **sea bream** in the pan, skin-side down and cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** In order to get **crispy skin** on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** Wash your hands after handling raw fish. The fish is cooked when opaque all the way through.



## 3 Cook the Green 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 season to taste with **salt** and **pepper** if needed. Pop the lid back on to keep warm until ready to serve.



## 6 Finish and Serve

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

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.