



# Pan-Fried Sea Bream with Saffron Mash and Green Beans

Premium 30-40 Minutes • 2 of your 5 a day

31



Potato



Lemon



Green Beans



Premium Tomatoes



Flat Leaf Parsley



Diced Chorizo



Unsalted Butter



Saffron Powder



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, Wooden Spoon, Colander, Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Lemon**	½	1	1
Green Beans**	150g	200g	300g
Premium Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chorizo**	60g	90g	120g
Unsalted Butter 7)**	30g	30g	60g
Saffron Powder	1 sachet	1 sachet	2 sachets
Sea Bream Fillet 4)**	2 fillet	3 fillet	4 fillet

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2641/631	483/115
Fat (g)	36	7
Sat. Fat (g)	14	3
Carbohydrate (g)	45	8
Sugars (g)	5	1
Protein (g)	33	6
Salt (g)	1.64	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 11) Soya 13) Gluten

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

Thumbs up or thumbs down?

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## Prep Time!

If you want to eat your **pudding** straight after your main, do steps 1 and 2 of the **tart** recipe (apart from actually baking the **tart**) before you start preparing the main. Pop the **tart** into your oven just before you sit down to eat your main. You can melt the **chocolate** once you've finished eating your main.

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!). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, zest and halve the **lemon**. 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 **half the parsley** in 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 **saffron** and the remaining **parsley**, season to taste with **salt** and **pepper** if needed and **mash** again until well combined. Cover with a lid to keep warm.

2



## Make the Chorizo Salsa

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).

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.

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.

6



## Finish and Serve

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

## Enjoy!





# Honeyed Plum Tart with Chocolate Drizzle

Premium 25-30 Minutes

31



Plum



Honey



Puff Pastry Sheet



Chocolate Chips



Crème Fraîche

## Before you start

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

## Cooking tools, you will need:

Mixing Bowl, Baking Tray, Saucepan.

## Ingredients

	2P	3P	4P
Plum	2	3	4
Honey	2 sachets	3 sachets	4 sachets
Puff Pastry Sheet <b>13)</b>	½	1	1
Chocolate Chips <b>11)</b>	50g	100g	100g
Crème Fraîche <b>7)</b>	50g	75g	100g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	211g	100g
Energy (kJ/kcal)	2360 /564	1120 /268
Fat (g)	33	16
Sat. Fat (g)	17	8
Carbohydrate (g)	63	30
Sugars (g)	33	16
Protein (g)	7	3
Salt (g)	0.50	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten

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).

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## Get Prepped

Preheat your oven to 200°C. Halve the **plums**, remove the stone and slice the halves into 1cm wide slices. Pop them in a bowl and add the **honey**. Mix together and leave to macerate for 5-10 mins. **TIP:** *This will soften the plums slightly.*

## Baaake!

Once the time is up, unroll your **pastry** (see ingredients for the amount of pastry you need) and place on a baking tray lined with baking paper. Arrange the **plum slices** side by side on the **pastry sheet** in a single layer. Leave the **sugary liquid** in the bowl - we'll use it at the end at a glaze. Bake the tart on the top shelf of your oven until the **pastry** is golden and the **plums** soft, 15-20 mins.

## Finish and Serve

10 mins before the **tart** is cooked, fill a small saucepan about 3cm with **water** and bring to a gentle boil on medium high heat. Put the **chocolate chips** in a heatproof bowl. Pop the bowl above the pan of **water** (if the bowl touches the water, just pour a little **water** out - you don't want it touching!). Cook, stirring occasionally until the **chocolate** has melted to a smooth liquid. Set the bowl aside. Once the **tart** is cooked, remove from your oven and spoon over the **sugary syrup** left in your bowl as a shiny glaze on the **plums**. Slice it up and serve with the **chocolate drizzled** over and spoonful of **creme fraiche**.

## Enjoy!