







More Than Food  
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## Pan-Fried Sea Bream with Sweet Cherry Tomato Sauce

We love the instant gratification of food. The best things in life often take a long time to create, but a great meal is the perfect antidote to long-term graft. One minute it's a picture and a few lines of text on a recipe card, 30 minutes later it's sitting on a plate in front of you and 5 minutes after that it's gone! This one is definitely best enjoyed with a glass of something cold.

 30 mins

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Onion  
(½)



Garlic Clove  
(2)



New Potatoes  
(1 pack)



Cherry Tomatoes  
(1 punnet)



Flat Leaf Parsley  
(½ bunch)



Sea Bream Fillet  
(2)



White Wine Vinegar  
(1 tbsp)


## 2 PEOPLE INGREDIENTS

- Onion, sliced
- Garlic Clove, chopped
- New Potatoes, halved
- Cherry Tomatoes, halved

½  
2  
1 pack  
1 punnet

- Flat Leaf Parsley, chopped
- Sea Bream Fillet
- White Wine Vinegar

½ bunch  
2  
1 tbsp

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

### Did you know...

Cooking tomatoes increases the amount of the antioxidant lycopene that can be absorbed by the human body.

**Allergens:** Fish, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	242 kcal / 1019 kJ	4 g	1 g	33 g	4 g	21 g	0 g
<b>Per 100g</b>	63 kcal / 266 kJ	1 g	0 g	9 g	1 g	6 g	0 g



**1** Peel and slice the **onion** in half lengthways through the root. Turn your **onion** widthways and slice it very thinly into half moon shapes. Peel and finely chop the **garlic**. Cut the **new potatoes** and the **cherry tomatoes** in half and very, very finely chop the **parsley**.



**2** Add a splash of **olive oil** to a frying pan on medium heat. Add your **onion** and **garlic** with a pinch of **salt**. **Tip:** *If you're not a huge onion fan, just add half the onion.* Gently cook for 10 mins. We don't want to colour the onion so if it begins to brown, add a splash of water and turn the heat down a little.



**3** Meanwhile, bring a medium-sized pot of water with a pinch of **salt** to the boil on medium-high heat.

**4** Add your **new potatoes** to the pot and boil for around 12-15 mins. **Tip:** *The potatoes are done when you can easily slip a knife through.* When cooked, drain and keep to the side.

**5** When your **onion** and **garlic** has been cooking for 10 mins, add your **cherry tomatoes** to the pan and keep cooking for another 10 mins. The mixture should start to bubble and your **tomatoes** will soften.



**6** Heat another splash of **olive oil** in a non-stick frying pan on medium-high heat. Once the oil is very hot, sprinkle a little **salt** on both sides of each **sea bream fillet** and lay gently in the pan skin-side down. Cook for 3 mins without touching. Now carefully turn over and cook for another 2 mins, before removing from the heat.

**7** Add the **white wine vinegar** and a sprinkle of **sugar** (if you have some) to your **cherry tomato sauce**. Stir and cook for 3 mins before removing from the heat. Stir through half your **parsley**.

**8** Spoon a generous helping each of your **potatoes** and your **cherry tomato sauce** onto a plate. Place your **sea bream fillet** on top and finish with your remaining **parsley** sprinkled over. Now get stuck in!

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