



Pistachio Crusted Sea Bream and Lemon Butter Sauce

with Smashed Potatoes, Slow Roasted Tomatoes and Garlic Asparagus

30

Premium 40 Minutes • 2 of your 5 a day



-  Salad Potatoes
-  Baby Plum Tomatoes
-  Unsalted Butter
-  Pistachios
-  Panko Breadcrumbs
-  Asparagus Bundles
-  Garlic Clove
-  Flat Leaf Parsley
-  Sea Bream Fillet
-  Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, baking paper, bowl, garlic press and plate.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Baby Plum Tomatoes	250g	250g	500g
Unsalted Butter**	30g	30g	60g
Pistachios 2)	25g	45g	50g
Panko Breadcrumbs 13)	10g	25g	25g
Asparagus Bundles**	200g	300g	400g
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Sea Bream Fillet**	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	2589 /619	461 /110
Fat (g)	37	7
Sat. Fat (g)	12	2
Carbohydrate (g)	42	7
Sugars (g)	10	2
Protein (g)	30	5
Salt (g)	0.61	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 4) Fish 7) Milk 8) Egg 9) Mustard 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start Cooking

Preheat your oven to 200°C. Halve the **salad potatoes** widthways. Put the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, cut-side down. Halve the **tomatoes** and pop them onto a piece of foil with the **butter**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**. Pop onto another large baking tray lined with baking paper.



Smash the Potatoes

When the **potatoes** have cooked for 20 mins, pop the **tomatoes** in to roast on the middle shelf for 5 mins and remove the **potatoes** from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with more **oil** and return to the top shelf to roast until crispy and golden, 10-15 mins.



Get Prepped

When the oven is hot, roast the **potatoes** on the top shelf for 20 mins. Meanwhile, remove the **pistachios** from their shells, then finely chop. Pop them into a small bowl along with the **panko breadcrumbs**. Season with **salt** and **pepper** and mix together. Trim the bottom 2cm from the **asparagus** and discard. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



Roast the Asparagus

When the **tomatoes** have roasted for 5 mins, remove the tray from the oven and carefully transfer the **fish** to the tray. Pop the **asparagus** alongside, then drizzle with **oil** and scatter over the **garlic**. Season with **salt** and **pepper**, then toss to coat. Return the tray to the middle shelf and roast until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*



Crumb the Fish

Lay the **sea bream**, skin-side down, onto a plate. Spoon the **mayonnaise** over the flesh of the **fish** and spread evenly over the top. Spoon the **breadcrumb mixture** on top of the **mayonnaise** and press it down with a spoon. Drizzle with a little **oil**. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



Finish and Serve

When everything is ready, remove from the oven. Scatter **half** the **parsley** over the **potatoes** and toss together. Plate up your **sea bream** with the **potatoes**, **asparagus** and **tomatoes** alongside. Drizzle the **buttery tomato juices** onto the **asparagus** and finish with a scattering of the remaining **parsley**.

Enjoy!