

# Pistachio Crusted Sea Bream and Smashed Potatoes

with Slow Roasted Tomatoes and Garlicky Asparagus

Premium

40 Minutes • 2 of your 5 a day















Breadcrumbs



Garlic Clove



Sea Bream Fillet



Pistachios

Asparagus Bundles



Flat Leaf Parsley



Mayonnaise

#### Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Baking Tray, Aluminium Foil, Baking Paper, Garlic Press and Bowl.

### Ingredients

	2P	3P	4P	
Salad Potatoes**	350g	500g	700g	
Baby Plum Tomatoes	190g	250g	380g	
Butter** 7)	30g	40g	60g	
Pistachios 2)	25g	45g	50g	
Panko Breadcrumbs <b>13</b> )	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** 4)	2	3	4	
Mayonnaise 8) 9)	1 sachet	1 sachet	2 sachets	
*Not Included **Store in the Fridge				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2554 /610	481/115
Fat (g)	36	7
Sat. Fat (g)	12	2
Carbohydrate (g)	41	8
Sugars (g)	9	2
Protein (g)	30	6
Salt (g)	0.60	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

# **Allergens**

2) Nut 4) Fish 7) Milk 8) Egg 9) Mustard 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 yeg: 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.

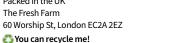
#### Contact

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# **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.



### **Get Prepped**

When the oven is hot, roast the potatoes on the top shelf and the tomato parcel on the bottom shelf, 30-35 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).



# Prep the Fish

Lay the **sea bream**, skin-side down, onto a plate. Spoon the mayonnaise over the flesh of the fish and spread evenly across 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.



### Smash the Potatoes

When the potatoes and tomatoes have cooked for 20 mins, remove them 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 until crispy and golden, 10-15 mins.



# Roast the Asparagus

Carefully transfer the **fish** to one side of the baking tray with the tomatoes. 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 of the oven and roast until the crumbs are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT**: The fish is cooked when opaque in the middle.



#### Finish and Serve

When the **potatoes** are ready, remove from the oven and scatter over half the parsley. Toss together. Pop a sea bream fillet onto each plate. Share out the potatoes, asparagus and tomatoes alongside. Drizzle the buttery tomato juices onto the asparagus and finish with a scattering of the remaining parsley.

Enjou!

#### 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.