




Pistachio Crusted Sea Bream and Smashed Potatoes with Slow Roasted Tomatoes and Garlicky Asparagus

30

Premium 40 Minutes • 2 of your 5 a day



-  Salad Potatoes
-  Baby Plum Tomatoes
-  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!

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 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** 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 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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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** 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.



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).



Roast the Asparagus

Carefully transfer the **fish** onto 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.



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.



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**.

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.