



SEA BASS ON SAFFRON RICE

WITH CHICKEN AND PARSLEY & LEMON OIL

SPECIALITY INGREDIENT



HELLO SAFFRON

The world's most expensive spice, saffron, is worth more than its weight in gold!



Onion



Garlic Clove



Red Pepper



Green Beans



Flat Leaf Parsley



Lemon



Chicken Stock Pot



Saffron Powder



Diced Chicken Thigh



Smoked Paprika



Arborio Rice



Sea Bass Fillet

MEAL BAG

40 mins

of your 5 a day

Little heat

Well, this is something pretty special! Lemon-infused sea bass sits atop a generous portion of golden rice. Inspired by a Spanish paella, the rice is studded with juicy chicken pieces and scented with saffron. For a final flourish, everything gets finished off with a touch of parsley and lemon oil.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Measuring Jug**, **Large Ovenproof Saucepan** (with a **Lid**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **pepper** and cut into ½cm slices. Trim the tops from the **green beans** and chop into 2cm lengths. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut it into wedges.



4 MARINATE THE FISH

Place the **sea bass** in a mixing bowl and add **half** the **lemon zest**, a glug of **oil** and a pinch of **salt**. Rub the flavours into the skin and flesh of the **fish**, then set aside. In a small bowl, mix the remaining **lemon zest** with the **parsley** and stir in the **olive oil** (see ingredients for amount). Squeeze in the **juice** of **half** the **lemon wedges**. Season with **salt** to taste and set aside.



2 BROWN THE CHICKEN

Pour the boiling **water** (see ingredients for amount) into a measuring jug and add the **stock pot** and **saffron powder**. Stir to dissolve. Add some **oil** to a large ovenproof saucepan on medium-high heat (if you don't have one, use a normal saucepan and transfer to an ovenproof dish later). Fry the **chicken** until browned, turning regularly, 5-7 mins. Add the **onion**, and cook until soft, 5 mins.



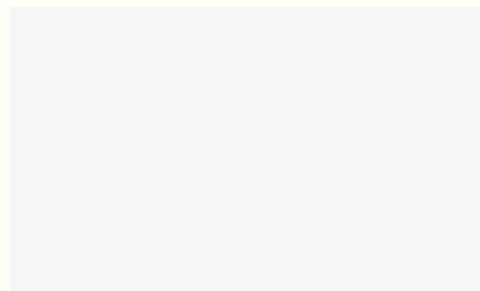
5 COOK THE FISH

Twelve mins into the rice's cooking time, put a frying pan on medium-high heat (no **oil**). Once hot, carefully lay in the **sea bass fillets**, skin-side down. Cook until the edges begin to brown and the skin is crispy, 3-4 mins - don't move them during this time, then turn and cook for 2-3 mins on the other side. **! IMPORTANT:** *The fish is cooked when the centre is opaque. Remove your pan from the heat.*



3 ADD THE RICE

Add the **pepper**, **green beans**, **garlic** and **smoked paprika** to the pan. Cook for 1 minute more, then add the **arborio rice**. Stir to coat in the **oil** and **spice**. Add the **stock** and bring the **mixture** to the boil (then transfer to an ovenproof dish if necessary). Cover with a lid (or foil) and cook on the middle shelf of your oven for 20-25 mins. **★ TIP:** *Check after 20 mins to see if the rice is cooked and the liquid absorbed.*



6 FINISH AND SERVE

When the **rice** is ready, remove it from your oven and leave to cool for a couple of minutes. Taste and season with **salt** and **pepper** if needed. Share between your bowls, top with the **sea bass** and spoon over the **parsley and lemon oil**. Serve with the remaining **lemon wedges** to squeeze over at the table. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	2
Garlic Clove	1	2	2
Red Pepper	1	2	2
Green Beans	1 pack	1 pack	2 packs
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Lemon	1	2	2
Water*	400ml	600ml	800ml
Chicken Stock Pot	1	1½	2
Saffron Powder	1 sachet	2 sachets	2 sachets
Diced Chicken Thigh	140g	280g	350g
Smoked Paprika	1½ tsp	2 tsp	1 tbsp
Arborio Rice	175g	260g	350g
Sea Bass Fillet 4)	2	3	4
Olive Oil	2 tbsp	4 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 598G	PER 100G
Energy (kcal)	110	656
(kJ)	459	2743
Fat (g)	2	12
Sat. Fat (g)	1	2
Carbohydrate (g)	14	83
Sugars (g)	2	14
Protein (g)	9	55
Salt (g)	0.43	2.59

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish

PAIR THIS MEAL WITH

A crisp Spanish white like an Albariño

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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