



Sea Bream on Saffron Rice

with Chorizo and Parsley & Lemon Oil

N° 13

PREMIUM 40 Minutes • Little Heat • 2.5 of your 5 a day



Onion



Garlic Clove



Red Pepper



Green Pepper



Flat Leaf Parsley



Lemon



Chicken Stock Powder



Saffron



Diced Chorizo



Arborio Rice



Sea Bream Fillet

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Baking Tray, Measuring Jug, Large Saucepan, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Red Pepper**	1	2	2
Green Pepper**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1½	2
Water for Rice*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Saffron	1 sachet	1½ sachets	2 sachets
Diced Chorizo 7)**	60g	90g	120g
Arborio Rice	175g	260g	350g
Sea Bream Fillet 4)**	2	3	4
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	523g	100g
Energy (kJ/kcal)	2887 / 690	552 / 132
Fat (g)	23	4
Sat. Fat (g)	6	1
Carbohydrate (g)	85	16
Sugars (g)	13	2
Protein (g)	37	7
Salt (g)	1.76	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Prep the Veggies

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard the core and seeds. Slice into thin strips. Put the **pepper** slices on a baking tray, drizzle with **oil**, a pinch of **salt** and **pepper**. Set aside. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut it into wedges.



4. Marinate the Fish

Meanwhile, place the **sea bream** in a mixing bowl and add **half** the **lemon zest**, **olive oil** (see ingredients for amount) and a pinch of **salt**. Rub the flavours all over the **fish** and set aside.



2. Start the Rice

Pour the boiling **water** (see ingredient for amount) into a measuring jug and add the **chicken stock** and **saffron powder**. Stir to dissolve. Add some **oil** to a large ovenproof saucepan on medium-high heat (if you don't have one, transfer to an ovenproof dish later). When hot, add the **chorizo** and fry until starting to brown, 2-3 mins. Add the **onion**, and cook until soft, 5 mins. Stir in the **garlic** and cook for 1 minute.



5. Cook the Fish

About 5 minutes before the **rice** is ready, put a frying pan on medium-high heat (no oil). Once hot, carefully lay in the **sea bream 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. Remove your pan from the heat. **IMPORTANT:** The fish is cooked when opaque all the way through.



3. Add the Rice

Add the **rice**, stir to coat in the **oil** and **spices**. Add the **stock** and bring the **mixture** to the boil (then transfer to an ovenproof dish if necessary). Cover with a tight fitting lid (or foil), 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. Roast the **peppers** on the middle shelf of your oven until soft and charred, 15-20 mins, then remove and set aside.



6. Finish and Serve

When the **rice** is ready, remove it from your oven and leave to cool for a couple of minutes. Stir the **peppers** into the **rice** with the remaining **lemon zest**, the **parsley** and a squeeze of **lemon juice**. Add a splash of **water** to loosen if needed, then taste and season with **salt** and **pepper** if needed. Share between your bowls, top with the **sea bream**, skin side up and spoon over the remaining **lemon oil**. Serve with the remaining **lemon wedges** to squeeze over at the table.

Enjoy!