



Sea Bream on Saffron Rice

with Chorizo, Parsley and Lemon

Premium 40 Minutes • Little Spice • 2 of your 5 a day

28



Onion



Garlic Clove



Bell Pepper



Green Pepper



Flat Leaf Parsley



Lemon



Chicken Stock Powder



Saffron



Chorizo



Risotto Rice



Sea Bream Fillet

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Baking Tray, Measuring Jug, Saucepan, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Water for Rice*	450ml	675ml	900ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Saffron	1 sachet	1½ sachets	2 sachets
Chorizo**	60g	90g	120g
Risotto Rice	175g	260g	350g
Olive Oil*	1tbsp	1½ tbsp	2 tbsp
Sea Bream Fillet 4)**	2	3	4

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	500g	100g
Energy (kJ/kcal)	3098 /741	620 /148
Fat (g)	28	6
Sat. Fat (g)	7	1
Carbohydrate (g)	86	17
Sugars (g)	12	2
Protein (g)	36	7
Salt (g)	2.42	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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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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.



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, you can 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.



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.



4 Marinate the Fish

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



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.**



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. Serve with the remaining **lemon wedges** to squeeze over at the table.

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.