



Tandoori Sea Bream and Turmeric Roast Potatoes with Mustard Seed Fried Greens and Peanut Coriander Pesto

Premium 45 Minutes • Little Heat • 1 of your 5 a day

23



Potato



Ground Turmeric



Mustard Seeds



Garlic Clove



Asparagus



Coriander



Salted Peanuts



Natural Yoghurt



North Indian Style
Curry Powder



Sea Bream Fillet



Tenderstem Broccoli®



Samphire

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Saucepan, Peeler, Colander, fine Grater (or Garlic Press), Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Ground Turmeric	½ pot	¾ pot	1 pot
Mustard Seeds 9)	1 large pot	1 small & 1 large pot	2 large pots
Garlic Clove**	1 clove	2 cloves	2 cloves
Asparagus**	1 small pack	1 large pack	1 large pack
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Olive Oil for the Pesto*	1½ tbsp	2 tbsp	3 tbsp
Natural Yoghurt 7)**	75g	100g	150g
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Sea Bream Fillet 4)**	2	3	4
Tenderstem Broccoli***	1 small pack	1 large pack	1 large pack
Samphire**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2054 / 491	407 / 97
Fat (g)	19	4
Sat. Fat (g)	3	1
Carbohydrate (g)	49	10
Sugars (g)	5	1
Protein (g)	34	7
Salt (g)	0.75	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 4) Fish 7) Milk 9) Mustard

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.

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You can recycle me!



1



Prep Your Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Peel the **potatoes**, chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened.

2



Roast Your Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **turmeric** and **half** the **mustard seeds**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.

3



Hey Pesto!

Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2 cm off of the **asparagus** and discard. Finely chop the **coriander** (stalks and all) and roughly chop the **peanuts**. Pop the **coriander** and **peanuts** in a bowl and stir in the **olive oil** (see ingredients for amount). Season with **pepper** and stir together - **pesto** done!

4



Prep the Fish

Pop the **yoghurt** (see ingredients for amount) into a large bowl with the **North Indian spice mix**, add a drizzle of **oil** and season with **salt** and **pepper**. Mix well then add the **sea bream fillets** and carefully coat them in the **spiced yoghurt**. Line a baking tray with foil, drizzle with a little **oil** then lay the **sea bream** skin side up on the foil. Set aside (discard any remaining marinade).

5



Cook the Veg

Preheat your grill to high. About 10 minutes before the **potatoes** are done, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot add the **broccoli** and **asparagus**, season with **salt** and **pepper** and stir-fry for 2 mins then add the **garlic** and remaining **mustard seeds** and cook for a further 1 minute. Add the **samphire** with a splash of **water**. Cover with a lid and steam fry until the **vegetables** are tender, 3-4 mins. Then remove from the heat.

6



Finish and Serve!

While your **vegetables** are cooking, pop the **sea bream** under the grill until the **marinade** on the skin has turned deep brown and the **fish** is cooked through, 5-6 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.* **TIP:** *If your oven and grill are the same thing, simply pop your roast potatoes at the bottom of the oven to keep them warm while you cook the fish.* When everything is ready, divide the **potatoes** and **vegetables** between plates with the **fish** alongside and spoon over the **coriander pesto**.

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.