



PAN FRIED GILT BREAM

with Limey New Potatoes and Warm Asian Tomato Salsa



SPECIALITY INGREDIENT



HELLO GINGER

Ginger is widely cultivated around the world but unknown in the wild.



New Potatoes



Lime



Cucumber



Rice Vinegar



Vine Tomato



Echalion Shallot



Ginger



Coriander



Lemongrass



Gilt Bream Fillet (skin on)

MEAL BAG

40 mins

2.5 of your 5 a day

Concasse is quite a cheffy word, isn't it? Nothing to be scared of though. It just means 'dice'! Popping your tomatoes in boiling water to loosen the skins is a good trick to learn. It helps them come off in super speedy fashion. We've added some Asian flavours for a zingy twist on a French classic.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Fine Grater, Small Saucepan, Peeler, Sieve** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **new potatoes** into 2cm chunks and pop on a large baking tray. Zest the **lime** then chop in half. Sprinkle **half** the **zest** over the **potatoes** along with a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss together, ensuring the zest is well distributed, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Bring a small saucepan of water to the boil.



4 MAKE THE WARM SALSA

Halve, peel and thinly slice the **shallot**. Peel and grate the **ginger**. Roughly chop the **coriander** (stalks and all). Give the **lemongrass** a bash using the base of a pan or a rolling pin then chop in half widthways. Return the small saucepan to medium heat with a drizzle of **oil** and add the **shallot, ginger, half** the **coriander**, the remaining **lime zest** and the **lemongrass**. **Stir-fry** until soft and fragrant, 1-2 mins.



2 CUCUMBER PICKLE TIME

Meanwhile, trim the ends from the **cucumber** then, using a vegetable peeler, peel long ribbons from the length of the **cucumber**. Keep going until you reach the spongy centre (it will become harder to peel whole lengths - don't try and use the soggy bit in the middle!). Pop the **ribbons** in a bowl and add the **rice vinegar** and **sugar** (see ingredients for amount). Season with **salt** and **pepper**, toss together and set aside.



5 COOK THE FISH

Add the **tomato** to the pan, stir, lower the heat and leave to cook gently, 6-8 mins. Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Season the **gilt bream** with **salt** and **pepper**. Add to the pan, skin-side down and fry until crisp, 3-4 mins. Turn and cook for 1-2 mins. Add a squeeze of **lime juice** over the **fish** then remove the pan from the heat. **IMPORTANT:** *The fish is cooked when the centre is opaque.*



3 SKIN THE TOMATO

Using a small sharp knife, make a small incision in the base of the **tomato** (just a tiny prick will do, don't go too far in!) Pop the **tomatoes** in your pan of boiling **water** for 30 seconds then drain in a sieve and run under cold **water**. Peel the skin from the **tomato** and discard - dipping in the boiling **water** should make this easy. Chop into small pieces. This is a concasse!



6 FINISH AND SERVE

Remove the **lemongrass** from the **tomatoes** and discard, then stir **three-quarters** of the remaining **coriander** through the **mixture**. Serve the **limey roast potatoes** topped with the **gilt bream**. Spoon the warm **Asian tomato salsa** around the plate and finish with some artfully arranged ribbons of **cucumber pickle** (leave the liquid in the bowl). Scatter with the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Lime *	1	1½	2
Cucumber *	½	¾	1
Rice Vinegar *	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Vine Tomato	2	3	4
Echalion Shallot *	1	2	2
Ginger *	1 piece	1½ pieces	2 pieces
Coriander *	1 bunch	1 bunch	1 bunch
Lemongrass	1 stick	1 stick	2 sticks
Gilt Bream Fillet (skin on) 4) *	2	3	4

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 553G	PER 100G
Energy (kcal)	324	59
(kJ)	1356	245
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	36	7
Sugars (g)	8	1
Protein (g)	23	4
Salt (g)	0.22	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish

PAIR THIS MEAL WITH

A white like a Pinot Gris.

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

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