



CAJUN BREAM

with Herby Mash and Garlicky Green Beans



HELLO CAJUN BLACKENING SPICE

This is a fragrant blend of Paprika, Salt, Pepper, Mustard Seeds, Thyme, Cumin, Chillies, Cayenne and Oregano.



Potato



Flat Leaf Parsley



Green Beans



Garlic Clove



Gilt Bream Fillet



Cajun Blackening Spice



Lemon

MEAL BAG

20 mins

Rapid recipe

1 of your 5 a day

Medium spice

Blackening is a cooking technique where meat or fish is rubbed in oil or butter, dredged in the spice blend, and then cooked under a very high heat. This is a great way to cook delicate white fish like bream, giving it a richly coloured and highly flavoured crust. For a dish that's on the table in twenty minutes, this simple showstopper really is the catch of the day!

GET **PREPARED!**

Fill and boil your **Kettle**..

BEFORE YOU START

🔑 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan, Colander, Fine Grater, Baking Tray, Frying Pan** (with a **Lid**), and **Potato Masher**. Let's start cooking the **Cajun Bream with Herby Mash and Garlicky Green Beans**.



1 BOIL THE SPUDS

- Chop the **potato** into 2 cm chunks (no need to peel).
- Pop them into a large saucepan with a pinch of salt. Pour in the boiling water and put the pan onto high heat. Cook until soft, 12-15 mins. When cooked, drain in a colander and return to the pan (off the heat).



4 MAKE THE DRIZZLE

- Put the remaining **Cajun spice** into a small bowl.
- Grate in the **lemon zest**, then squeeze in some of the **juice**.
- Season with **salt** and mix in **half the parsley** and the **olive oil** (see ingredients for amount).
- Add more **lemon juice** to taste.



2 PREP THE VEGGIES

- Meanwhile, roughly chop the **flat leaf parsley** (stalks and all).
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).



5 GRILL THE BREAM

- Place the **bream** (skin-side up) on a baking tray under the grill and cook until the centre is opaque and the skin is crispy, 5-6 mins.
- Meanwhile, heat a splash of **oil** in a frying pan over medium-high heat. Add the **green beans** and stir-fry for 3 mins then add the **garlic** and a splash of water. Cover with a lid.
- Cook until the **beans** are tender, another 3 mins. **★ TIP:** Add splashes of water as and when necessary.



3 MARINATE THE BREAM

- Pop the **bream** on a plate and sprinkle on **half the Cajun spice**. Season with **salt** and drizzle on a splash of **oil**.
- Rub the flavourings into the **fish**.
- Preheat your grill to medium-high.



6 FINISH AND SERVE

- Mash the **potato**, adding a splash of **milk** and some **butter** (if you have some).
- Mix in the remaining **parsley** and season with **salt** and **pepper**.
- Share between your bowls, top with the **beans** and then the **bream**. Finish with the **spicy drizzle**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	2	3	4
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Green Beans	1 small pack	1 small pack	2 small packs
Garlic Clove	1	1	2
Gilt Bream Fillet 4)	2	3	4
Cajun Blackening Spice 9)	1 small pot	¾ large pot	1 large pot
Lemon	½	1	1
Olive Oil*	1 tbsp	1½tbsp	2 tbsp

*Not included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 539G	PER 100G
Energy (kcal)	479	89
(kJ)	2004	372
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	73	13
Sugars (g)	7	1
Protein (g)	31	6
Salt (g)	0.40	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 9) Mustard

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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