



Zesty Sea Bream and Mango Salsa with Roast Potatoes and Rocket Salad

Premium 35 Minutes • Little Spice • 2 of your 5 a day

29



Salad Potatoes



Mango



Baby Plum Tomatoes



Spring Onion



Lime



Coriander



Red Chilli



Honey



Sea Bream Fillet



Rocket

Before you start

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

Cooking tools, you will need:

Peeler, Baking Tray, Bowl, Zester, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Mango**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Spring Onion**	1	1	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Olive Oil for the Salsa*	1 tbsp	1½ tbsps	2 tbsps
Honey**	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps
Sea Bream Fillet** 4)	2	3	4
Rocket**	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2184 / 522	381 / 91
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	62	11
Sugars (g)	30	5
Protein (g)	25	4
Salt (g)	0.35	0.06

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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Start the Prep

Preheat your oven to 200°C. Quarter the **salad potatoes** (no need to peel). Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone.



Prep the Fish

Spoon **two thirds** of the **mango salsa** into the **tomatoes** - mix again and set aside. Pop the **lime zest** in a small bowl and add the **oil** (see ingredient list for amount). Season with **salt** and **pepper** and mix together. Put the **bream** onto a plate. Spoon equal quantities of the **lime mixture** onto each. Spread all over the **bream** so the **fillets** are evenly coated. **IMPORTANT:** Wash your hands after handling the raw fish.



Cook the Potatoes

Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Cook the Fish

When the **potatoes** have 10 minutes left in the oven. Heat a frying pan on medium high heat (no **oil**). Once hot, carefully place your **bream** in the pan, skin side down and cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** In order to get crispy skin on the fish, don't move it around when it's cooking skin-side down! Remove the pan from the heat. **IMPORTANT:** The **bream** is cooked when opaque all the way through.



Finish the Prep

While the **potatoes** cook, halve the **tomatoes** and pop them in a large bowl and set aside. Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Finely chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Pour the **olive oil** (see ingredient list for amount) into a large bowl. Add the **honey**, squeeze in the **lime juice** and season with **salt** and **pepper**. Mix together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Put the **mango**, **spring onion**, **chilli** (add less if you don't like heat) and **coriander** in the bowl and mix everything together.



Finish and Serve

Add the **rocket** to the **mango** and **tomato** mixture and toss to coat. Place a **bream fillet** on your plates and add the **roast potatoes** alongside. Serve the **rocket salad** on the side. Spoon the remaining **mango salsa** on top of the **bream**.

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.