



# Pan-fried Bream

with Creamy Saffron Potato Gratin and Green Beans

Premium 40 Minutes • 1 of your 5 a day



Potato



Onion



Garlic



Saffron



Vegetable Stock Paste



Creme Fraiche



Serrano Ham



Green Beans



Flat Leaf Parsley



Lemon



Flaked Almonds



Sea Bream Fillet

## Before you start

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

## Cooking tools, you will need:

Saucepan, Peeler, Cutting Board, Knife, Garlic Press, Colander, Ovenproof Dish, Frying Pan, Zester and Bowls.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Onion**	1	1	2
Garlic	1	1	2
Water*	75ml	100ml	150ml
Saffron	1 sachet	1½ sachet	2 sachets
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Crème Fraîche <b>7)</b> **	150g	225g	300g
Serrano Ham**	2 slices	3 slices	4 slices
Green Beans**	150g	200g	300g
Flat Leaf Parsley**	½ bunch	½ bunch	1 bunch
Lemon**	½	½	1
Flaked Almonds <b>2)</b>	25g	25g	40g
Sea Bream Fillet <b>4)</b> **	2	3	4

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	600g	100g
Energy (kJ/kcal)	3016 / 721	503 / 120
Fat (g)	44	7
Sat. Fat (g)	14	2
Carbohydrate (g)	54	9
Sugars (g)	7	1
Protein (g)	37	6
Salt (g)	2.11	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**2)** Nut **4)** Fish **7)** Milk **10)** Celery

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 Gratin

Preheat your oven to 200°C. Pop a large saucepan of **water** onto boil with a pinch of **salt**. Peel the **potatoes** and chop into ½ cm thick discs. Add to the **water** and cook gently until the **potatoes** have softened but are not cooked through, 6-10 mins. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). When the **potatoes** are cooked, drain into a colander and allow to steam for a couple of minutes.



## Toast the Nuts

Wash the frying you used for the **sauce**. Pop onto medium heat (no oil) and add the **flaked almonds**. Toast until golden, stirring frequently, 2-4 mins.

**TIP:** *Keep an eye on them, they burn easily.* Transfer to a bowl and keep the pan, we will use it for the **fish**. Do any tidying up that needs doing while you have time.



## Assemble the Gratin

Once the **potatoes** are drained, lay **half** the **potato** slices in an appropriately-sized ovenproof dish. Heat a splash of **oil** in a frying pan over a medium-high heat. Add the **onion** and cook until softened and lightly browned, 5-6 mins. Add the **garlic** and cook for a minute. Pour in the **water** (see ingredients for amount), **saffron**, **stock paste** and **crème fraîche**. Bring to the boil and pour onto the **potatoes** in the dish. Arrange the remaining **potatoes** on top.



## Fry the Fish

When the **gratin** has 10 mins left, bring the saucepan of **water** up to the boil with a generous pinch of **salt**. Add the **beans** to the boiling **water** and cook until tender, 4-6 mins. Drain in a colander when ready and drizzle with **olive oil**. Heat a splash of **oil** in the frying pan over high heat. Season the **bream** with **salt** and **pepper**. Add the **bream** to the pan, skin-side down and fry until golden, 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



## And Bake

Tear the **Serrano ham** into small pieces and arrange on top of the **gratin**. Bake the **gratin** in the oven until the **potatoes** are cooked through and the **ham** is crispy, 25-30 mins. Meanwhile, trim the **green beans** and finely chop the **parsley** (stalks and all). Zest the **lemon** then cut into **wedges**. Fill the pan you used for the **potatoes** with **water** and pop on a low heat. We will boil the **water** later to cook the **green beans**.



## Finish and Serve

Lower the heat, turn the **fish** and cook for another 2 mins on the flesh side. Sprinkle on the **lemon zest** and **parsley**, squeeze in a wedge of **lemon juice** and use a spoon to baste the **fish** with the **oil** and **juices**. **IMPORTANT:** *The fish is cooked when opaque in the centre.* Share the **beans** between your plates, sprinkle on the **almonds** and pop the **bream** on top. Spoon on any pan **juices**. Serve the **gratin** alongside.

## 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.