



# PAN-FRIED SEA BREAM

WITH SAFFRON MASH, CHORIZO SALSA AND GREEN BEANS

SPECIALITY INGREDIENT



HELLO CHORIZO

*This tasty sausage gets its beautiful colour from paprika.*



Potato



Premium Tomatoes



Flat Leaf Parsley



Lemon



Green Beans



Diced Chorizo



Unsalted Butter



Saffron Powder



Sea Bream

Chorizo is the perfect partner for seafood. In this beautiful dish, the paprika-infused oil mingles with sweet tomato and fragrant parsley to make a piquant salsa for pearly-white sea bream fillets. Golden saffron brings an air of glamour to creamy mashed potato. Add some fresh, green beans and you've got a plateful that's as lovely to look at as it is to eat!

35 mins

2 of your 5 a day

MEAL BAG

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans (with Lids)**, a **Peeler**, **Frying Pan**, **Colander** and **Potato Masher**. Now, let's get cooking!



## 1 PREP TIME!

Put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Peel the **potato** and chop into 2cm chunks. When the **water** is boiling, add the **potato** to your pan and cook, 15-20 mins. Meanwhile, halve the **tomatoes** and roughly chop the **parsley** (stalks and all). Pop the **tomatoes** in a bowl, squeeze on some **lemon juice** and mix in **half** the **parsley**. Season with **salt** and **pepper**. Trim the tops from the **green beans**.



## 2 COOK THE CHORIZO

Meanwhile, heat a splash of **oil** in a frying pan on medium heat. Add the **chorizo** and cook, stirring occasionally until it's slightly crisp and has released some of its delicious oil, 3-4 mins. Transfer the cooked **chorizo** and its cooking **oil** to the bowl of **tomatoes** and stir gently to combine. Reserve the pan to cook the fish later.



## 3 MASH THE POTATO

Put another large saucepan of **water** with a pinch of **salt** on to boil. Once the **potato** is soft, drain in a colander and allow to sit for a minute. Tip back into your empty pan and mash until smooth with the remaining **parsley**, the **butter**, **saffron powder** and a pinch of **salt** and **pepper**. Taste and add more **seasoning** if you think it needs it. Put the lid on and leave to the side to keep warm.



## 4 BOIL THE BEANS

Add the **green beans** to your second pan of boiling **water** and cook for 4-5 mins. Once cooked, drain in the colander, return to the pan and pop the lid back on to keep warm until ready to serve.



## 5 PAN-FRY THE FISH

Heat a splash of **oil** in your frying pan on medium-high heat. Season the **sea bream** with a pinch of **salt** and **pepper**. Lay the **bream fillets** in your frying pan skin-side down and cook for 3-4 mins (don't move them while they cook), then turn and cook for 2 mins on the other side. Remove from the heat. **! IMPORTANT:** *The fish is cooked when the centre is opaque.*



## 6 FINISH AND SERVE

Share the **saffron mash** between your plates, top with the **chorizo salsa**, then add the **sea bream** and **green beans**. Serve with a wedge of **lemon**. **Enjoy!**

# 2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Premium Tomatoes, halved	1 small punnet
Flat Leaf Parsley, chopped	1 small bunch
Lemon	½
Green Beans, trimmed	1 pack
Diced Chorizo	60g
Unsalted Butter 7)	30g
Saffron Powder	1 sachet
Sea Bream 4)	2

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 524G	PER 100G
Energy (kcal)	547	104
(kJ)	2287	436
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	50	10
Sugars (g)	7	1
Protein (g)	33	6
Salt (g)	1.10	0.21

## ALLERGENS

4) Fish 7) Milk

## PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

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