



Pan-Fried Sea Bream & Creamy Tarragon Sauce with Bacon Crisps, Garlic Smashed Potatoes and Roasted Tenderstem®

30

Premium 40-45 Minutes



Garlic Clove



Tarragon



Salad Potatoes



Tenderstem®
Broccoli



Streaky Bacon



Creme Fraiche



Vegetable Stock
Paste



Wholegrain
Mustard



Sea Bream
Fillet

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, bowl, frying pan, plate and kitchen paper.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Tarragon**	½ bunch	¾ bunch	1 bunch
Salad Potatoes**	350g	500g	700g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Tenderstem® Broccoli**	150g	200g	300g
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Crema Fraiche** 7)	75g	120g	150g
Vegetable Stock Paste 10)	10g	15g	20g
Wholegrain Mustard 9)	17g	25g	34g
Water for the Sauce*	100ml	150ml	200ml
Sea Bream Fillet** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	2734 /653	607 /145
Fat (g)	42	9
Sat. Fat (g)	14	3
Carbohydrate (g)	35	8
Sugars (g)	6	1
Protein (g)	33	7
Salt (g)	2.49	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 9) Mustard 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **tarragon** (stalks and all). Halve the **salad potatoes** widthways. Put the **potatoes** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, cut-side down. When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



Make the Sauce

Pop a medium saucepan on medium heat and add the **creme fraiche**, **tarragon**, **veg stock paste**, **mustard** and **water for the sauce** (see ingredients for amount). Stir together, bring to the boil, then reduce the heat to medium-low and simmer the **sauce** until slightly reduced, 4-5 mins. Season to taste with **salt** and **pepper**, then remove from the heat.



Fry the Bacon

Meanwhile, pop the **garlic** in a small bowl with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, then mix together and set aside. Halve any thick **broccoli** stems lengthways. Pop the **Tenderstem®** on a baking tray and drizzle with **oil**, season with **salt** and **pepper** and set aside. Heat a drizzle of **oil** in a frying pan on high heat. Once hot, lay in the **bacon rashers** and fry them until browned and crispy, 2-3 mins each side. Remove to a plate covered in kitchen paper and set aside. Keep the pan - you'll use it later.



Fish to Fry

Once everything is just about ready, pop your frying pan back on medium-high heat - it should have some **bacon fat** in the pan to fry the **fish** in, but if not, add a drizzle of **oil**. Once hot, add the **bream** to the pan, skin-side down. Season with **salt** and **pepper** and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP: Don't move the fish while it's cooking skin-side down to ensure crispy skin.** **IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.**



Smash the Potatoes

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with the **garlic oil** and return to the top shelf until crispy and golden, 10-15 mins. Pop the **broccoli** onto the middle shelf for the last 10 mins of **potato** cooking time.



Finish and Serve

When everything is ready, reheat the **sauce** if necessary. Serve the **bream** on your plates with the **potatoes** and **broccoli** alongside. Spoon over the **creamy sauce**, then snap the **crispy bacon** into pieces and sprinkle over the top.

Enjoy!