



More Than Food
HelloFresh.co.uk



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Pan-Fried Sea Bream with Sweet Cherry Tomato Sauce

We love the instant gratification of food. The best things in life often take a long time to create, but a great recipe is the perfect antidote to long-term graft. One minute it's a picture and a few lines of text on a recipe card, 30 minutes later it's sitting on a plate in front of you and 5 minutes after that it's gone! This one is definitely best enjoyed with a glass of something cold out in the fresh air.



30 mins



gluten free



lactose free



family box



healthy



1 of your 5 a day



Onion (1)



Garlic Clove (4)



New Potatoes (2 packs)



Cherry Tomatoes (2 punnets)



Flat Leaf Parsley (1 bunch)



Sea Bream Fillet (4)



White Wine Vinegar (2 tbsps)

4 PEOPLE INGREDIENTS

- Onion, sliced
- Garlic Clove, chopped
- New Potatoes, halved
- Cherry Tomatoes, halved
- Flat Leaf Parsley, chopped

- 1
- 4
- 2 packs
- 2 punnets
- 1 bunch
- Sea Bream Fillet 4
- White Wine Vinegar 2 tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cooking tomatoes increases the amount of the antioxidant lycopene that can be absorbed by the human body.

Allergens: Sulphites, Fish.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbs | Sugar | Protein | Salt |
|-------------|--------------------|-----|----------|-------|-------|---------|------|
| Per serving | 242 kcal / 1020 kJ | 4 g | 1 g | 33 g | 4 g | 21 g | 0 g |
| Per 100g | 63 kcal / 266 kJ | 1 g | 0 g | 9 g | 1 g | 6 g | 0 g |



1 Peel and slice the **onion** in half lengthways through the root. Turn your **onion** widthways and slice it very thinly into half moon shapes. Peel and finely chop the **garlic**. Chop the **new potatoes** and the **cherry tomatoes** in half and very, very finely chop the **parsley**.



2 Add a splash of **olive oil** to a pan on medium heat. Add your **onion** and **garlic** with a pinch of **salt**. Gently cook for 10 mins. We don't want to colour the onion, so if it begins to brown, add a splash of water and turn the heat down a little.



3 Meanwhile, on medium-high heat, bring a medium-sized pot of water with a pinch of **salt**, to the boil.

4 Add your **new potatoes** to the pot and boil for around 12-15 mins. **Tip:** *Your potatoes are done when you can easily slip a knife a knife through them.* When cooked, drain them and keep to the side.

5 When your **onion** and **garlic** have been cooking for 10 mins, add your **cherry tomatoes** to the pan and keep cooking for another 10 mins. The mixture should start to bubble and your tomatoes will soften.



6 Heat another splash of **olive oil** in a non-stick frying pan on medium-high heat. Once the oil is very hot, sprinkle a little **salt** on both sides of the **sea bream fillet** and lay gently in the pan skin-side down. Cook for 3 mins without touching. Now gently turn over and cook for another 2 mins, before removing from the heat.

7 Add the **white wine vinegar** and a sprinkle of **sugar** (if you have some) to your **cherry tomato mixture**. Stir and cook for 3 mins before removing from the heat. Stir through half of your **parsley**.

8 Serve everything together with your remaining **parsley** sprinkled on top and get stuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!