



Sea Bream in a Lemon, Garlic and Chive Butter Sauce with Broccoli and Roast Potatoes

Classic Eat Me First • 30 Minutes • 1.5 of your 5 a day

4



Potato



Chives



Garlic Clove



Lemon



Broccoli Florets



Sea Bream

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lemon**	½	1	1
Broccoli Florets**	200g	300g	400g
Butter 7)**	30g	30g	60g
Sea Bream 4)**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	2175 /520	454 /108
Fat (g)	27	6
Sat. Fat (g)	11	2
Carbohydrate (g)	43	9
Sugars (g)	3	1
Protein (g)	28	6
Salt (g)	0.20	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

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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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to pee). Pop the chunks on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Cook the Fish

Eight mins before the potatoes are cooked. Put a frying pan on medium-high heat with a drizzle of **oil**. Add the **butter** to the pan and allow to melt. Season the **fish** with **salt** and **pepper** and once hot, carefully place your **sea 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.



Get Prepped

Meanwhile, roughly chop **chives**. **TIP:** Use scissors if you want. Zest the **lemon** and cut into quarters. Peel and grate the **garlic** (or use a garlic press). Divide any large **broccoli florets** into smaller pieces and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



Finish off the Fish

Add the **chives** and **garlic** to the pan with the **fish** and squeeze in **half the lemon juice**. Spoon the **lemony garlicky chivey butter** over the **fish** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when it is opaque in the centre.



Broccoli Time

When the **potatoes** have been in the oven for 15 mins, pop the **broccoli** onto the middle shelf of your oven to roast until crispy and tender, 12-15 mins.



Serve Up

Divide the **broccoli**, and **potatoes** among the plates along with the **buttery sea bream**. Pour the **butter sauce** over the **fish**. Serve with the **lemon zest** sprinkled over and remaining **lemon wedges** alongside for squeezing over.

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.