



# Spanish-Style Sea Bream

with Smoky Chorizo Potatoes and Garlicky Spinach

**Extra Rapid** 10 Minutes • Medium Spice • 2 of your 5 a day

Nº 27



Diced Chorizo



Pre-Cooked Diced Potato



Smoked Paprika



Lemon



Garlic Clove



Parsley



Sea Bream Fillets



Baby Spinach



Mayonnaise

## Before you start

All of our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Frying pan, Fine Grater, Chopping Board, Sharp Knife, Mixing Bowl, Baking Tray, Tin Foil and Saucepan.

## Ingredients

	2P	3P	4P
Diced Chorizo**	60g	90g	120g
Pre-Cooked Diced Potato**	1 pack	1½ pack	2 packs
Smoked Paprika	½ sachet	¾ sachet	1 sachet
Lemon**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sea Bream Fillets 4)**	2 fillets	3 fillets	4 fillets
Baby Spinach**	200g	300g	300g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>455g</b>	<b>100g</b>
Energy (kJ/kcal)	2327 /556	511 /122
Fat (g)	31	7
Sat. Fat (g)	7	1
Carbohydrate (g)	38	8
Sugars (g)	6	1
Protein (g)	34	8
Salt (g)	2.22	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 8) Egg 9) Mustard

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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1



2



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## Get Started

- Preheat your grill to high.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **chorizo**, **potatoes** and **half** the **paprika** and fry, stirring occasionally, until golden brown, 8-9 mins.
- Season with plenty of **salt** and **pepper**.
- Meanwhile, zest and cut the **lemon** into wedges.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).

## Cook the Fish

- Pop the remaining **paprika**, **lemon zest**, **half** the **parsley** and **olive oil** (see ingredients for amounts) into a bowl.
- Mix and season with **salt** and **pepper**.
- Pop the **sea bream fillets** into the bowl with the **paprika mixture** and turn to coat well.
- Line a baking tray with foil and lay the **sea bream fillets** on it skin-side up.
- Cook under the grill until cooked through and the skin is crispy, 5-6 mins.  
**IMPORTANT:** *The fish is cooked when opaque in the middle.*

## Spinach Time

- Meanwhile, heat a drizzle of **oil** in a large saucepan over medium-high heat and once hot add the **garlic** and cook, stirring, for 1 minute.
- Add the **spinach** a handful at a time to the garlic pan with a splash of **water**, season with **salt** and **pepper** and cook, stirring, until wilted, 2-3 mins.
- When everything is ready, stir the remaining **parsley** through the **potatoes**.
- Divide the **potatoes**, **sea bream** and **spinach** between your plates (making sure you leave the excess water from the spinach in the pan).
- Serve with the **mayonnaise** and **lemon wedges** 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.