






Cooking Made Easy

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Sea Bream Oreganata with New Potatoes and Carrots

When we started HelloFresh we promised we'd never use unnecessarily complicated culinary words to dress up our recipes. Why do you need to use words like julienne and brunoise? It's just carrot sticks and carrot cubes! Oreganata may sound a bit fussy but it's just a really simple, crunchy topping to take your James Knight Bream to the next level. ~~Bon~~ *bon* ~~appétit~~ Enjoy!



40 min



family box



seafood
first



Garlic Clove



Parsley



Carrot



Parmesan Cheese



Dried Oregano



Panko Breadcrumbs



Lemon



New Potatoes



Bream Fillet

Ingredients

	2P	4P
Garlic Clove, diced	-	2
Parsley, chopped	-	4 tbsp
Carrot, chopped	-	2 cups
Parmesan Cheese, grated 1	-	4 tbsp
Dried Oregano	-	2 tsp
Panko Breadcrumbs 2	-	4 tbsp
Lemon	-	1
New Potatoes	-	4 cups
Bream Fillet 3	-	4

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Gluten
3) Fish

Nutrition per serving: Calories: 559 kcal | Protein: 51 g | Carbs: 73 g | Fat: 7 g | Saturated Fat: 3 g



1

1 Peel and finely dice the garlic and chop up the parsley leaves very, very finely. Peel the carrot and chop them into chunky little sticks (as if you were going to use them for dipping in hummus). Grate your parmesan cheese. Pre-heat your grill to medium and boil a pot of water.



2

2 LH: Combine the parmesan cheese and parsley (save a pinch of parsley for garnishing). Mix in the oregano, garlic and breadcrumbs. Season with a pinch of salt and pepper and grate in the zest of a ½ of the lemon. Lastly, add 2 tbsp of lemon juice and mix thoroughly.



4

3 Boil your new potatoes for around 12-15 mins until you can easily slip a knife through them. For the last 5 mins we'll add in the carrots too, but don't worry, we'll remind you about them later.



5

4 Place your bream fillet on a baking tray and season each fillet with a pinch of salt and pepper. Divide the breadcrumb mixture and coat the top of each fillet. Place the fillets on the middle/top shelf, underneath the grill and cook for around 10 mins.

Tip: They're ready once the topping

goes golden brown.

5 Here's that reminder: With about 5 mins to go until the potatoes are cooked, put the carrots in the boiling water too.

Tip: If you like them a little more crunchy put them in for 4 mins. Once they're done, drain the whole pan and keep to the side.

6 Put the carrots and potatoes in a mixing bowl and gently toss them with a tsp of butter if you have some. LH: Sprinkle over a pinch of salt and pepper. Lastly, scatter on the pinch of parsley you kept back earlier.

7 Serve with the cooked fish and devour!