



# PAN FRIED GILT BREAM

with Limey New Potatoes and Warm Asian Tomato Salsa



• SPECIALITY INGREDIENT •



## HELLO GINGER

*Ginger is widely cultivated around the world but unknown in the wild.*



New Potatoes



Lime



Cucumber



Rice Vinegar



Vine Tomato



Echalion Shallot



Ginger



Coriander



Lemongrass



Gilt Bream Fillet (skin on)

MEAL BAG

40 mins

2.5 of your 5 a day

Concasse is quite a cheffy word, isn't it? Nothing to be scared of though. It just means 'dice'! Popping your tomatoes in boiling water to loosen the skins is a good trick to learn. It helps them come off in super speedy fashion. We've added some Asian flavours for a zingy twist on a French classic.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Fine Grater, Small Saucepan, Peeler, Sieve** and **Frying Pan**. Now, let's get cooking!



## 1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **new potatoes** into 2cm chunks and pop on a large baking tray. Zest the **lime** then chop in half. Sprinkle **half** the zest over the **potatoes** along with a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss together, ensuring the zest is well distributed, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Bring a small saucepan of water to the boil.



## 4 MAKE THE WARM SALSA

Halve, peel and thinly slice the **shallot**. Peel and grate the **ginger**. Roughly chop the **coriander** (stalks and all). Give the **lemongrass** a bash using the base of a pan or a rolling pin then chop in half widthways. Return the small saucepan to medium heat with a drizzle of **oil** and add the **shallot, ginger, half** the **coriander**, the remaining **lime zest** and the **lemongrass**. **Stir-fry** until soft and fragrant, 1-2 mins.



## 2 CUCUMBER PICKLE TIME

Meanwhile, trim the ends from the **cucumber** then, using a vegetable peeler, peel long ribbons from the length of the **cucumber**. Keep going until you reach the spongy centre (it will become harder to peel whole lengths - don't try and use the soggy bit in the middle!). Pop the **ribbons** in a bowl and add the **rice vinegar** and **sugar** (see ingredients for amount). Season with **salt** and **pepper**, toss together and set aside.



## 5 COOK THE FISH

Add the **tomato** to the pan, stir, lower the heat and leave to cook gently, 6-8 mins. Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Season the **gilt bream** with **salt** and **pepper**. Add to the pan, skin-side down and fry until crisp, 3-4 mins. Turn and cook for 1-2 mins. Add a squeeze of **lime juice** over the **fish** then remove the pan from the heat. **IMPORTANT:** *The fish is cooked when the centre is opaque.*



## 3 SKIN THE TOMATO

Using a small sharp knife, make a small incision in the base of the **tomato** (just a tiny prick will do, don't go too far in!) Pop the **tomatoes** in your pan of boiling **water** for 30 seconds then drain in a sieve and run under cold **water**. Peel the skin from the **tomato** and discard - dipping in the boiling **water** should make this easy. Chop into small pieces. This is a concasse!



## 6 FINISH AND SERVE

Remove the **lemongrass** from the **tomatoes** and discard, then stir **three-quarters** of the remaining **coriander** through the **mixture**. Serve the **limey roast potatoes** topped with the **gilt bream**. Spoon the warm **Asian tomato salsa** around the plate and finish with some artfully arranged ribbons of **cucumber pickle** (leave the liquid in the bowl). Scatter with the remaining **coriander**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Lime *	1	1½	2
Cucumber *	½	¾	1
Rice Vinegar *	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Vine Tomato	2	3	4
Echalion Shallot *	1	2	2
Ginger *	1 piece	1½ pieces	2 pieces
Coriander *	1 bunch	1 bunch	1 bunch
Lemongrass	1 stick	1 stick	2 sticks
Gilt Bream Fillet (skin on) 4) *	2	3	4

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 553G	PER 100G
Energy (kcal)	324	59
(kJ)	1356	245
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	36	7
Sugars (g)	8	1
Protein (g)	23	4
Salt (g)	0.22	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish

## PAIR THIS MEAL WITH

A white like a Pinot Gris.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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