



Lemon Sea Bream on Saffron Chorizo Rice with Roasted Peppers, Parsley and Lemon

Premium 40-45 Minutes • 3 of your 5 a day

30



Onion



Garlic Clove



Bell Pepper



Green Pepper



Flat Leaf Parsley



Lemon



Chicken Stock
Paste



Saffron



Chorizo



Risotto Rice



Sea Bream Fillet

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, baking tray, grater, measuring jug, ovenproof pan, lid, aluminium foil, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Chicken Stock Paste	15g	20g	30g
Saffron	1 sachet	1½ sachets	2 sachets
Chorizo**	60g	90g	120g
Risotto Rice	175g	260g	350g
Sea Bream Fillet** 4)	2	3	4

Pantry	2P	3P	4P
Boiled Water for the Stock*	500ml	750ml	1000ml
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3074 /735	611 /146
Fat (g)	26.1	5.2
Sat. Fat (g)	6.8	1.3
Carbohydrate (g)	87.6	17.4
Sugars (g)	12.7	2.5
Protein (g)	36.1	7.2
Salt (g)	4.03	0.80

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve, peel and chop the **onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).

Halve the **peppers** and discard the core and seeds.
Slice into thin strips and pop onto a baking tray.
Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside.

Roughly chop the **parsley** (stalks and all). Zest the **lemon** (see ingredients for amount), then cut into wedges.



Marinate the Sea Bream

While everything cooks, pop the **sea bream** into a large bowl.

Add the **olive oil for the marinade** (see pantry for amount), **half the lemon zest**, then season with **salt** and **pepper**.

Turn to coat the **fish** in the **marinade**, then set aside. **IMPORTANT: Wash your hands and equipment after handling raw fish.**



Build the Flavour

Pour the **boiled water for the stock** (see pantry for amount) into a measuring jug. Stir in the **chicken stock paste** and **saffron** until combined.

Heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.**

Once hot, add the **chorizo** and fry until starting to brown, 2-3 mins.

Add the **onion** and cook until softened, 4-5 mins, then stir in the **garlic** and cook for 1 min more.



Time to Fry

About 5 mins before the **rice** is ready, heat a large frying pan on medium-high heat (no oil).

Once hot, carefully place your **sea bream** in the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.** **IMPORTANT: The fish is cooked when opaque in the middle.**

Once cooked, remove the pan from the heat.



Ready, Steady, Bake

Add the **risotto rice** to the pan. Stir and cook until the edges are translucent, 1-2 mins, then stir in the **stock**.

Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Meanwhile, roast the **peppers** on the top shelf until soft and slightly charred, 14-16 mins, then remove from the oven and set aside.



Finish and Serve

When the **rice** is ready, remove it from your oven and leave to cool for a couple of mins. **TIP: Add a splash of water to loosen if needed.**

Stir the **roasted peppers**, **parsley** and remaining **lemon zest** through the **rice** along with a squeeze of **lemon juice**. Season to taste with **salt** and **pepper** if needed.

Share the **saffron rice** between your bowls and top with the **sea bream**, skin-side up. Serve with the remaining **lemon wedges** for squeezing over.

Enjoy!