



LEMONY PAN-FRIED GILT BREAM

with Saffron Orzo and Fennel & Tomato Salad

SPECIALITY INGREDIENT



HELLO FENNEL

The entire fennel plant is edible! You can eat the whole thing- seeds, bulb, stalk and even leaves!!!



Fennel Bulb



Onion



Garlic Clove



Lemon



Flat Leaf Parsley



Premium Tomato Mix



Gilt Bream Fillet



Pine Nuts



Orzo



Vegetable Stock Powder



Saffron Powder



Italian Style Grated Hard Cheese

MEAL BAG

35 mins

2 of your 5 a day

Fast, fresh and filling, this lemony pan-fried gilt bream doesn't disappoint. Bream has a rich, sweet flavour with a meaty texture that is firm but tender. A fresh bream is a great one to pair with saffron Orzo and a fennel and tomato salad. Our chefs have chosen to sprinkle the bream with pine nuts for delicate flavouring. Serve with a sprinkle of parsley and a wedge of lime.

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BEFORE YOU START

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



1 ROAST THE FENNEL

Preheat your oven to 200°C. Fill and boil your kettle. Halve the **fennel** lengthways and remove the triangular root. Slice each **fennel half** lengthways into four pieces. Pop them on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Roast in your oven until soft, about 20 mins. Once soft, remove from your oven and set aside.



2 GET PREPPED

Meanwhile, halve, peel and chop the **onion** into small ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Finely chop the **parsley** (stalks and all) and halve the **tomatoes**. Roughly chop the **pine nuts**. Squeeze **half the lemon juice** into a large bowl and add the **olive oil** (see ingredients for amount). Add a pinch of **salt** and **pepper**, stir to combine, then add the **tomatoes** and leave to the side.



3 COAT THE FISH

Put the **lemon zest** in a mixing bowl and add a pinch of **salt** and **pepper** and the **olive oil** for the fish (see ingredients for amount). Stir together, then add the **gilt bream** and turn to coat in the **zesty oil**. Leave to the side. Heat a saucepan on medium high heat and add the **pine nuts** (no oil). Toast them until golden, 2 mins, tossing frequently. Then remove to a bowl and set aside.



4 COOK THE ORZO

Place a large saucepan on medium heat with a drizzle of **oil**. Add the **onion**, stir and cook until soft, 5 mins. Stir in the **garlic**, cook for 1 minute. Add the **orzo** and **water** (see ingredients for amount), stir in the **stock powder** and **saffron powder**. Bring to the boil then reduce the heat and simmer uncovered until the orzo is tender, stirring every 2 mins, 10-12 mins. **★ TIP:** Add a splash of water if the orzo isn't tender but all the stock has been absorbed.



5 FRY THE FISH

When the **orzo** is halfway through cooking, place a frying pan on high heat (no oil). Once the pan is hot, lay in the **gilt bream**, skin-side down and fry until the skin is golden, 3 mins, then turn and fry on the other side for 2 mins. **! IMPORTANT:** The fish is cooked when *opaque in the middle*. Remove the pan from the heat.



6 FINISH AND SERVE

Once the **orzo** is cooked, remove from the heat. Stir in the **Italian style grated hard cheese** and **half the parsley**. Taste and add a pinch of **salt** and **pepper** if you feel it needs it. Spoon into bowls and top with the **fish**. Add the **roasted fennel** to the **tomatoes** and **dressing** and gently toss together. Serve on the **orzo** alongside the **gilt bream**. Sprinkle over the **pine nuts** and remaining **parsley**. Cut the remaining **lemon** into **wedges** and serve alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Fennel Bulb *	1	1½	2
Onion *	1	1	2
Garlic Clove *	1	2	2
Lemon *	½	1	1
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Premium Tomato Mix	1 small punnet	1 medium punnet	1 medium punnet
Olive Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Fish*	1 tbsp	1½ tbsp	2 tbsp
Gilt Bream Fillet 4) *	2	3	4
Pine Nuts	1 small bag	1 large bag	1 large bag
Orzo	180g	240g	360g
Water*	450ml	675ml	900ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Saffron Powder	1 sachet	1 sachet	2 sachets
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 515G	PER 100G
Energy (kJ/kcal)	3188 / 762	620 / 148
Fat (g)	30	6
Sat. Fat (g)	7	1
Carbohydrate (g)	83	16
Sugars (g)	14	3
Protein (g)	40	8
Salt (g)	1.23	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten

PAIR THIS MEAL WITH

A white wine like a Sauvignon Blanc

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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