



Limey Sea Bream and Mango Salsa

with Roast Potatoes and Peashoot Salad

N° 13

PREMIUM 35 Minutes • Little Heat • 2 of your 5 a day



Salad Potatoes



Mango



Baby Plum Tomatoes



Spring Onion



Lime



Coriander



Red Chilli



Honey



Bream Fillet



Pea Shoots

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Peeler, Large Baking Tray, Mixing Bowl, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Mango**	1	1	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	1	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey	1 sachet	2 sachets	2 sachets
Olive Oil for the Fish*	1 tbsp	1½ tbsp	2 tbsp
Bream Fillet 4)**	2	3	4
Pea Shoots**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	569g	100g
Energy (kJ/kcal)	1931 /462	340 /81
Fat (g)	19	3
Sat. Fat (g)	3	1
Carbohydrate (g)	50	9
Sugars (g)	23	4
Protein (g)	25	4
Salt (g)	0.21	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Start the Prep

Preheat your oven to 200°C. Quarter the **salad potatoes** (no need to peel). Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone.



2. Cook the Potatoes

Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



3. Finish the Prep

While the **potatoes** cook, halve the **tomatoes** and pop them in a large bowl and set aside. Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Finely chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Pour the **olive oil** (see ingredient list for amount) into a large bowl. Add the **honey**, squeeze in the **lime juice** and season with **salt** and **pepper**. Mix together. Put the **mango**, **spring onion**, **chilli** (add less if you don't like spice) and **coriander** in the bowl and mix everything together.



4. Prep the Fish

Spoon **two thirds** of the **mango salsa** into the **tomatoes** - mix again and set aside. Pop the **lime zest** in a small bowl and add the **oil** (see ingredient list for amount). Season with **salt** and **pepper** and mix together. Put the **bream** onto a plate. Spoon equal quantities of the **lime mixture** onto each. Spread the **mixture** all over the **bream** so the **fillets** are evenly coated. **IMPORTANT:** Wash your hands after handling the raw fish.



5. Cook the Fish

When the **potatoes** have 10 minutes left in the oven, heat a frying pan on medium high heat (no oil). Once hot, carefully place your **bream** in the pan, skin side down and cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** In order to get crispy skin on the fish, don't move it around when it's cooking skin side down! Remove the pan from the heat. **IMPORTANT:** The bream is cooked when opaque all the way through.



6. Finish and Serve

Add the **peashoots** to the **mango and tomato mixture** and toss to coat. Place a **bream fillet** on your plates and add the **roast potatoes** alongside. Serve the **peashoot salad** on the side. Spoon the remaining **mango salsa** on top of the **bream**.

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.