



# Zesty Sea Bream and Mango Salsa with Roast Potatoes and Rocket Salad

Premium 35 Minutes • Little Spice • 2 of your 5 a day

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Salad Potatoes



Mango



Baby Plum Tomatoes



Spring Onion



Lime



Coriander



Red Chilli



Honey



Sea Bream Fillet



Rocket

## Before you start

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

## Cooking tools, you will need:

Peeler, Baking Tray, Bowl, Zester, Bowl, Frying Pan.

## Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Mango**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
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 tbsps	2 tbsps
Honey**	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps
Sea Bream Fillet** 4)	2	3	4
Rocket**	40g	80g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2184 / 522	381 / 91
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	62	11
Sugars (g)	30	5
Protein (g)	25	4
Salt (g)	0.35	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## 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.



## 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 all over the **bream** so the **fillets** are evenly coated. **IMPORTANT:** Wash your hands after handling the raw fish.



## 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.



## 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.



## 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. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Put the **mango**, **spring onion**, **chilli** (add less if you don't like heat) and **coriander** in the bowl and mix everything together.



## Finish and Serve

Add the **rocket** 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 **rocket 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.