



# Pan-Fried Bream and Creamy Tarragon Sauce with Garlic Smashed Potatoes, Roasted Tenderstem and Bacon Shards

Premium 40 Minutes

23



Garlic Clove



Tarragon



Salad Potatoes



Tenderstem Broccoli®



Streaky Bacon



Crème Fraîche



Vegetable Stock Powder



Wholegrain Mustard



Gilt Bream Fillet

## Before you start

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

## Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Baking Tray, Frying Pan, Colander and Measuring Jug.

## Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Tarragon**	½ bunch	¾ bunch	1 bunch
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Olive Oil for the Garlic*	2 tbsp	3 tbsp	4 tbsp
Tenderstem Broccoli****	1 small pack	1 large pack	2 small packs
Streaky Bacon**	4	6	8
Crème Fraîche 7)**	75g	100g	150g
Vegetable Stock Powder 10)	1 sachet	1 sachet	2 sachets
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Water for the Sauce*	100ml	150ml	200ml
Gilt Bream Fillet 4)**	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2575 /616	573 /137
Fat (g)	38	8
Sat. Fat (g)	13	3
Carbohydrate (g)	38	8
Sugars (g)	6	1
Protein (g)	33	7
Salt (g)	2.06	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 9) Mustard 10) Celery

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Preheat your oven to 220°C. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **tarragon** (stalks and all). Once boiling add the **whole potatoes** to the boiling **water** and simmer until you can just slip a knife through them, 15-20 mins.



## Make the Garlic Oil

While the **potatoes** are boiling, pop the **garlic** in a bowl with the **oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Pop the **tenderstem** on a baking tray and drizzle with **oil**, season with **salt** and **pepper** and set aside. Heat a drizzle of **oil** in a frying pan on high heat. Once the **oil** is hot, lay in the **bacon rashers** and fry them until browned and crispy, 2-3 mins each side. **IMPORTANT: Cook the bacon throughout.** Remove to a plate covered in kitchen roll and set aside. Keep the pan - you'll use it later.



## Roast the Potatoes

Once the **potatoes** are cooked, drain in a colander. Drizzle a little **oil** on a baking tray and then pop the **potatoes** on the tray in a single layer. Carefully make a cross in the top of each **potato**, then use a fork to gently crush them. Drizzle the **garlicky oil** over the **potatoes**, then roast on the top shelf of your oven until crispy, 20-25 mins. Pop the **broccoli** onto the middle shelf for the last 10 mins of the **potato** cooking time.



## Make the Sauce

Pop your potato pan back on medium heat and add the **crème fraîche**, **tarragon**, **stock powder**, **mustard** and **water** (see ingredients for amount). Stir together, bring to the boil. Reduce the heat to medium-low and simmer the **sauce** until slightly reduced, 4-5 mins. Season to taste with **salt** and **pepper**, then remove from the heat. If you've got any spare time, get your washing up done at this point.



## Fry the Bream

Once everything is just about ready, pop your frying pan back on medium-high heat - it should have some **bacon fat** in the pan to fry the **fish** in, but if not, add a drizzle of **oil**. Once hot, add the **bream** to the pan skin side down, season with **salt** and **pepper** and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP: Don't move the fish while it's cooking skin-side down or you won't get a crispy skin!** **IMPORTANT: The fish is cooked when opaque in the middle.**



## Finish and Serve

Reheat the **sauce** if necessary. Serve the **potatoes** and **broccoli** on plates with the **fish** alongside, drizzle over the **sauce**. Snap the **crispy bacon** into shards and sprinkle over the top.

## 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.