



Pan-fried Bream

with Creamy Saffron Potato Gratin and Green Beans

Premium 40 Minutes • 1 of your 5 a day



Potato



Onion



Garlic



Saffron



Vegetable Stock Paste



Creme Fraiche



Serrano Ham



Green Beans



Flat Leaf Parsley



Lemon



Flaked Almonds



Sea Bream Fillet

Before you start

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

Cooking tools, you will need:

Saucepan, Peeler, Cutting Board, Knife, Garlic Press, Colander, Ovenproof Dish, Frying Pan, Zester and Bowls.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Onion**	1	1	2
Garlic	1	1	2
Water*	75ml	100ml	150ml
Saffron	1 sachet	1½ sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche 7) **	150g	225g	300g
Serrano Ham**	2 slices	3 slices	4 slices
Green Beans**	150g	200g	300g
Flat Leaf Parsley**	½ bunch	½ bunch	1 bunch
Lemon**	½	½	1
Flaked Almonds 2)	25g	25g	40g
Sea Bream Fillet 4) **	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	600g	100g
Energy (kJ/kcal)	3016 / 721	503 / 120
Fat (g)	44	7
Sat. Fat (g)	14	2
Carbohydrate (g)	54	9
Sugars (g)	7	1
Protein (g)	37	6
Salt (g)	2.11	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **4)** Fish **7)** Milk **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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Start the Gratin

Preheat your oven to 200°C. Pop a large saucepan of **water** onto boil with a pinch of **salt**. Peel the **potatoes** and chop into ½ cm thick discs. Add to the **water** and cook gently until the **potatoes** have softened but are not cooked through, 6-10 mins. Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). When the **potatoes** are cooked, drain into a colander and allow to steam for a couple of minutes.



Toast the Nuts

Wash the frying you used for the **sauce**. Pop onto medium heat (no oil) and add the **flaked almonds**. Toast until golden, stirring frequently, 2-4 mins.

TIP: *Keep an eye on them, they burn easily.* Transfer to a bowl and keep the pan, we will use it for the **fish**. Do any tidying up that needs doing while you have time.



Assemble the Gratin

Once the **potatoes** are drained, lay **half** the **potato** slices in an appropriately-sized ovenproof dish. Heat a splash of **oil** in a frying pan over a medium-high heat. Add the **onion** and cook until softened and lightly browned, 5-6 mins. Add the **garlic** and cook for a minute. Pour in the **water** (see ingredients for amount), **saffron**, **stock paste** and **crème fraîche**. Bring to the boil and pour onto the **potatoes** in the dish. Arrange the remaining **potatoes** on top.



Fry the Fish

When the **gratin** has 10 mins left, bring the saucepan of **water** up to the boil with a generous pinch of **salt**. Add the **beans** to the boiling **water** and cook until tender, 4-6 mins. Drain in a colander when ready and drizzle with **olive oil**. Heat a splash of **oil** in the frying pan over high heat. Season the **bream** with **salt** and **pepper**. Add the **bream** to the pan, skin-side down and fry until golden, 3-4 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



And Bake

Tear the **Serrano ham** into small pieces and arrange on top of the **gratin**. Bake the **gratin** in the oven until the **potatoes** are cooked through and the **ham** is crispy, 25-30 mins. Meanwhile, trim the **green beans** and finely chop the **parsley** (stalks and all). Zest the **lemon** then cut into **wedges**. Fill the pan you used for the **potatoes** with **water** and pop on a low heat. We will boil the **water** later to cook the **green beans**.



Finish and Serve

Lower the heat, turn the **fish** and cook for another 2 mins on the flesh side. Sprinkle on the **lemon zest** and **parsley**, squeeze in a wedge of **lemon juice** and use a spoon to baste the **fish** with the **oil** and **juices**. **IMPORTANT:** *The fish is cooked when opaque in the centre.* Share the **beans** between your plates, sprinkle on the **almonds** and pop the **bream** on top. Spoon on any pan **juices**. Serve the **gratin** alongside.

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.