



PAN-FRIED LEMON BREAM

WITH SAFFRON AND CHICKEN RICE

SPECIALITY INGREDIENT



HELLO SAFFRON

The world's most expensive spice, saffron, is worth more than its weight in gold!



Onion



Garlic Clove



Red Pepper



Green Beans



Flat Leaf Parsley



Lemon



Water



Chicken Stock Pot



Saffron Powder



Chicken Thigh



Smoked Paprika



Arborio Rice



Gilt Sea Bream



Olive Oil

Well, this is something pretty special! Lemon-infused sea bass sits atop a generous portion of golden rice. Inspired by a Spanish paella, it's studded with juicy chicken pieces and scented with saffron. For a final flourish, everything gets finished off with a touch of parsley and lemon oil.

40 mins

2.5 of your 5 a day

Little Heat

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater, Measuring Jug, Large Ovenproof Saucepan (with a Lid), Mixing Bowl, Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into roughly ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and cut into ½cm slices. Trim the tops from the **green beans** and chop into 2cm lengths. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut it into wedges.



4 MARINATE THE FISH

Slice each **bream fillet** into three pieces. Place in a mixing bowl and add **half** the **lemon zest**, a glug of **oil** and a pinch of **salt**. Rub the flavours into the skin and flesh of the **fish**, then set aside. In a small bowl, mix the remaining **lemon zest** with the **parsley** and stir in the **olive oil** (amount specified in the ingredient list). Squeeze in the **juice of half** the **lemon wedges**. Season with **salt** to taste and set aside.



2 BROWN THE CHICKEN

Pour the boiling **water** (amount specified in the ingredient list) into a measuring jug and add the **chicken stock pot** and **saffron powder**. Stir to dissolve. Chop the **chicken thighs** into 2cm chunks. Add some **oil** to a large ovenproof saucepan on medium-high heat (if you don't have one, transfer to an ovenproof dish later). Fry the **chicken** until browned, turning regularly, 5-7 mins. Add the **onion**, and cook until soft, 5 mins.



5 COOK THE FISH

10 mins into the **rice's** cooking time, put a frying pan on medium-high heat (no **oil**). Once hot, carefully lay in the **bream pieces**, skin-side down. Cook until the edges begin to brown and the skin is crispy, 4-5 mins - don't move them during this time, then turn and cook for 2 mins on the other side. ★ **TIP:** *The fish is cooked when the centre is opaque.* Transfer the **fish** to some kitchen paper to absorb any excess oil.



3 ADD THE RICE

Add the **pepper, green beans, garlic** and **smoked paprika** to the pan. Cook for 1 minute more, then add the **arborio rice**. Stir to coat in oil and spices. Add the **stock** and bring the mixture to the boil (then transfer to an ovenproof dish if necessary). Cover with a lid (or foil) and cook on the middle shelf of your oven for 20-25 mins.

★ **TIP:** *Check after 20 mins to see if the rice is cooked and the liquid absorbed.*



6 FINISH AND SERVE

When the **rice** is ready, remove it from your oven and leave to cool for a few minutes. Taste and season with **salt** and **black pepper** if needed. Share between your bowls, top with the **gilt bream** and spoon over the **parsley and lemon oil**. Serve with the remaining **lemon wedges** to squeeze over at the table. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Red Pepper, sliced	1
Green Beans, chopped	1 pack
Flat Leaf Parsley, chopped	1 small bunch
Lemon	1
Water *	400ml
Chicken Stock Pot	1
Saffron Powder	1 sachet
Chicken Thigh, chopped	2
Smoked Paprika	1½ tsp
Arborio Rice	175g
Gilt Sea Bream, sliced 4)	2
Olive Oil *	2 tbsps

*Not Included

	PER SERVING	PER 100G
Energy (kcal)	793	126
(kJ)	3342	530
Fat (g)	26	4
Sat. Fat (g)	5	1
Carbohydrate (g)	85	13
Sugars (g)	14	2
Protein (g)	59	9
Salt (g)	2.59	0.41

ALLERGENS

4) Fish

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

PAIR THIS MEAL WITH

A crisp Spanish white like an Albariño



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