



# Sea Bream in a Lemon, Garlic and Chive Butter Sauce with Broccoli and Roast Potatoes

Classic Eat Me First • 30 Minutes • 1.5 of your 5 a day

4



Potato



Chives



Garlic Clove



Lemon



Broccoli Florets



Sea Bream

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lemon**	½	1	1
Broccoli Florets**	200g	300g	400g
Butter 7)**	30g	30g	60g
Sea Bream 4)**	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	2175 /520	454 /108
Fat (g)	27	6
Sat. Fat (g)	11	2
Carbohydrate (g)	43	9
Sugars (g)	3	1
Protein (g)	28	6
Salt (g)	0.20	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 4) Fish 7) Milk

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

### Thumbs up or thumbs down?

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## Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to pee). Pop the chunks on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Cook the Fish

Eight mins before the potatoes are cooked. Put a frying pan on medium-high heat with a drizzle of **oil**. Add the **butter** to the pan and allow to melt. Season the **fish** with **salt** and **pepper** and once hot, carefully place your **sea 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.



## Get Prepped

Meanwhile, roughly chop **chives**. **TIP:** Use scissors if you want. Zest the **lemon** and cut into quarters. Peel and grate the **garlic** (or use a garlic press). Divide any large **broccoli florets** into smaller pieces and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.



## Finish off the Fish

Add the **chives** and **garlic** to the pan with the **fish** and squeeze in **half the lemon juice**. Spoon the **lemony garlicky chivey butter** over the **fish** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when it is opaque in the centre.



## Broccoli Time

When the **potatoes** have been in the oven for 15 mins, pop the **broccoli** onto the middle shelf of your oven to roast until crispy and tender, 12-15 mins.



## Serve Up

Divide the **broccoli**, and **potatoes** among the plates along with the **buttery sea bream**. Pour the **butter sauce** over the **fish**. Serve with the **lemon zest** sprinkled over and remaining **lemon wedges** alongside for squeezing over.

## 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.