



Sea Bream on Saffron Rice

with Chorizo, Parsley and Lemon

Premium 40 Minutes • Little Spice • 2 of your 5 a day

27



Onion



Garlic Clove



Bell Pepper



Green Pepper



Flat Leaf Parsley



Lemon



Chicken Stock Paste



Saffron Powder



Chorizo



Risotto Rice



Sea Bream Fillet

Before you start

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

Cooking tools, you will need:

Kettle, Garlic Press, Baking Tray, Zester, Measuring Jug, Ovenproof Saucepan or Oven-proof Dish with Lid, Mixing Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Water for the Rice*	450ml	675ml	900ml
Chicken Stock			
Paste	10g	15g	20g
Saffron Powder	1 sachet	1½ sachets	2 sachets
Chorizo**	60g	90g	120g
Risotto Rice	175g	260g	350g
Sea Bream Fillet 4)**	2	3	4
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	484g	100g
Energy (kJ/kcal)	3090 / 738	638 / 152
Fat (g)	28	6
Sat. Fat (g)	7	1
Carbohydrate (g)	83	17
Sugars (g)	10	2
Protein (g)	36	8
Salt (g)	2.60	0.54

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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1 Prep the Veggies

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard the core and seeds. Slice into thin strips. Put the **pepper** slices on a baking tray, drizzle with **oil** and a pinch of **salt** and **pepper**. Set aside. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut it into **wedges**.



4 Marinate the Fish

Meanwhile, place the **sea bream** in a mixing bowl and add **half** the **lemon zest**, a glug of **oil** and a pinch of **salt**. Rub the flavours all over the **fish** and set aside.



2 Start the Rice

Pour the boiling **water** (see ingredient for amount) into a measuring jug and add the **chicken stock paste** and **saffron powder**. Stir to dissolve. Add some **oil** to a large ovenproof saucepan on medium-high heat (if you don't have one, transfer to an ovenproof dish later). When hot, add the **chorizo** and fry until starting to brown, 2-3 mins. Add the **onion**, and cook until soft, 5 mins. Stir in the **garlic** and cook for 1 minute.



5 Cook the Fish

About 5 minutes before the **rice** is ready, put a frying pan on medium-high heat (no oil). Once hot, carefully lay in the **sea bream fillets**, skin-side down. Cook until the edges begin to brown and the skin is crispy, 3-4 mins. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.** Then turn and cook for 2-3 mins on the other side. Remove your pan from the heat. **IMPORTANT: The fish is cooked when it is opaque in the middle.**



3 Roast the Peppers

Add the **rice**, stir to coat in the **oil** and **spices**. Add the **stock** and bring the **mixture** to the boil (then transfer to an ovenproof dish if necessary). Cover with a tight fitting lid (or foil), 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.** Roast the **peppers** on the top shelf of your oven until soft and charred, 15-20 mins, then remove and set aside.



6 Finish and Serve

When the **rice** is ready, remove it from your oven and leave to cool for a couple of minutes. Stir the **peppers** into the **rice** with the remaining **lemon zest**, the **parsley** and a squeeze of **lemon juice**. Add a splash of **water** to loosen if needed, then taste and season with **salt** and **pepper** if you like. Share between your bowls, top with the **sea bream** skin-side up. Serve with the remaining **lemon wedges** to squeeze 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.