



# Sea Bream on Saffron Rice with Chorizo, Parsley and Lemon

Premium 40 Minutes • 2 of your 5 a day

29



Onion



Garlic Clove



Bell Pepper



Green Pepper



Flat Leaf Parsley



Lemon



Chicken Stock Paste



Saffron



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 Cup, Saucepan, Ovenproof Dish, 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	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	486g	100g
Energy (kJ/kcal)	3091 /739	636 /152
Fat (g)	28	6
Sat. Fat (g)	7	1
Carbohydrate (g)	83	17
Sugars (g)	10	2
Protein (g)	36	7
Salt (g)	2.59	0.53

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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## 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**, discard the core and seeds and slice thinly. Put the **pepper** slices on a baking tray, drizzle with **oil**, a pinch of **salt** and **pepper**. Set aside. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut into **wedges**.



## Start the Rice

Pour the boiling **water** (see ingredient for amount) into a measuring jug and add the **chicken stock** 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.



## Add the Rice

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 middle shelf of your oven until soft and charred, 15-20 mins, then remove and set aside.



## Marinate the Fish

Meanwhile, place **the sea bream** in a mixing bowl and add **half the lemon zest**, the **oil** (see ingredients for amount) and a pinch of **salt**. Rub the flavours all over the **fish** and set aside. **IMPORTANT: Wash your hands after handling raw fish.**



## 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 (don't move them during this time) then turn and cook for 2-3 mins on the other side. Remove your pan from the heat. **IMPORTANT: The fish is cooked when opaque all the way through.**



## 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 needed. Share between your bowls, top with the **sea bream** skin-side up. Serve with the remaining **lemon wedges** to squeeze over at the table.

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.