



# Crispy Sea Bream and Mango & Kiwi Salsa

with Jasmine Rice and Soy Sugar Snaps

**Premium** 25-30 Minutes • Mild Spice • 2 of your 5 a day

30



Jasmine Rice



Mango



Kiwi



Spring Onion



Coriander



Red Chilli



Lime



Soy Sauce



Sugar Snap Peas



Sea Bream Fillets



Sesame Oil

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, bowl, fine grater, frying pan, aluminium foil and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Mango**	½	¾	1
Kiwi**	1	2	2
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Lime**	1	1	1
Soy Sauce <b>11</b> <b>13</b>	30ml	45ml	60ml
Sugar Snap Peas**	150g	230g	300g
Sea Bream Fillets** <b>4</b>	2	3	4
Sesame Oil <b>3</b>	10ml	15ml	20ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>618g</b>	<b>100g</b>
Energy (kJ/kcal)	2460 /588	398 /95
Fat (g)	15.5	2.5
Sat. Fat (g)	2.7	0.4
Carbohydrate (g)	84.3	13.6
Sugars (g)	20.4	3.3
Protein (g)	30.1	4.9
Salt (g)	3.36	0.54

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3**) Sesame **4**) Fish **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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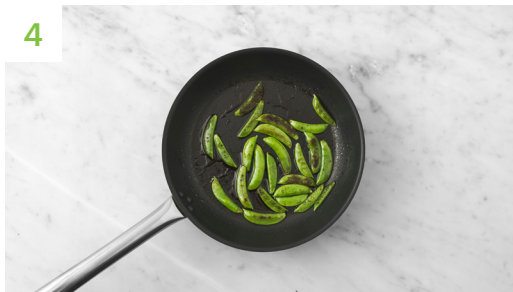


## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry the Sugar Snaps

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sugar snap peas** and **half the soy sauce** to the pan. Stir-fry until tender, 2-3 mins.

Set the **soy sugar snaps** aside and cover with foil to keep warm.

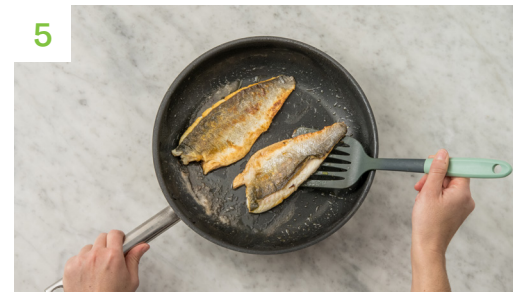


## Start your Salsa

Meanwhile, peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

Pop the **mango** into a medium bowl.

Peel the **kiwi**, then cut into 1cm chunks. Add the **chunks** into the bowl with the **mango**.



## Sea Bream Time

Wipe out the frying pan, then return to medium-high heat with a drizzle of **oil**. Pat the **sea bream** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place your **sea bream** in the pan, skin-side down. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

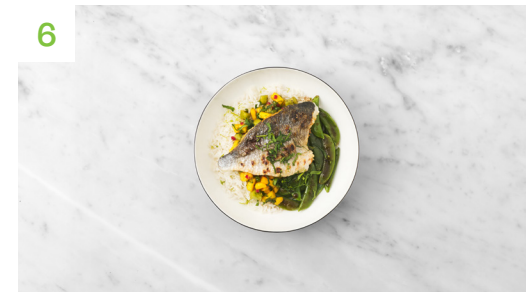


## Finish the Prep

Trim and thinly slice the **spring onion**. Roughly chop the **coriander** (stalks and all). Halve the **red chilli** lengthways (see ingredients for amount), deseed, then finely chop.

Stir the **spring onion**, **half the coriander** and **chilli** (add less if you'd prefer things milder) into the **salsa**.

Zest and halve the **lime**. Set the **zest** to one side.



## Assemble and Serve

While the **fish** cooks, squeeze the **lime juice** into the **mango salsa**, then stir in the remaining **soy sauce** and **sesame oil** (see ingredients for amount).

Fluff up the **rice** with a fork, then stir through the **lime zest**.

Share the **zesty rice** between your plates. Spoon over the **mango** and **kiwi salsa**. Top with the **sea bream** and sprinkle over the remaining **coriander**.

Serve the **soy sugar snaps** alongside.

Enjoy!