



# Pan-Fried Sea Bream and Creamy Serrano Gratin with Green Beans and Flaked Almonds

Premium 35-40 Minutes

29



Potatoes



Garlic Clove



Green Beans



Flat Leaf Parsley



Lemon



Sea Bream Fillets



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Serrano Ham



Toasted Flaked Almonds

**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.

## Cooking tools

Saucepan, garlic press, colander, fine grater, kitchen paper, frying pan, ovenproof dish and kettle.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Green Beans**	80g	150g	150g
Flat Leaf Parsley**	½ bunch	½ bunch	1 bunch
Lemon**	½	1	1
Sea Bream Fillets** 4)	2	3	4
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Serrano Ham**	2 slices	3 slices	4 slices
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	549g / 3052 / 729	100g / 556 / 133
Fat (g)	42.2	7.7
Sat. Fat (g)	19.1	3.5
Carbohydrate (g)	55.8	10.2
Sugars (g)	7.5	1.4
Protein (g)	36.9	6.7
Salt (g)	2.59	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

2) Nuts 4) Fish 7) Milk 8) Egg 10) Celery

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 Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil.

Peel and slice the **potatoes** into 1cm thick rounds. Peel and grate the **garlic** (or use a garlic press).

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.



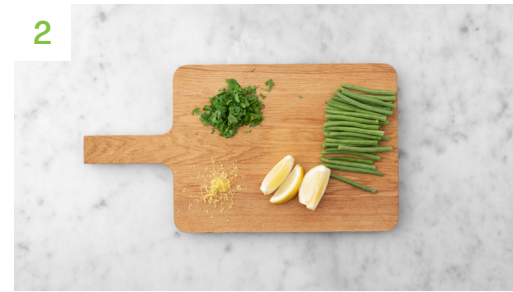
## Bring on the Beans

Meanwhile, boil a half-full kettle.

Pour the **boiled water** into the (now empty) **potato** pan with ½ **tsp salt** on high heat. Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the saucepan.

Add the **lemon zest** and a drizzle of **oil**. Season with **salt** and **pepper**, then toss to coat. Cover to keep warm.



## Prep Time

Meanwhile, trim the **green beans**. Roughly chop the **parsley** (stalks and all). Zest and cut the **lemon** into wedges.

Pat the **sea bream** dry with kitchen paper, then season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **garlic** and cook for 30 secs.

Add the **veg stock paste** and **reserved potato water**. Stir to combine, bring to the boil, then remove from the heat. Stir through the **crème fraîche** and season with **salt** and **pepper**.



## Fish to Fry

Wipe out the (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.

Once hot, carefully place your **sea bream** in the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** *To get crispy skin on the fish, don't move it around when it's cooking skin-side down.*

Once cooked, remove from the heat and add a good squeeze of **lemon juice**. **IMPORTANT:** *The fish is cooked when opaque in the middle.*



## Bake your Gratin

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**.

Sprinkle over the **hard Italian style cheese**. Tear the **Serrano ham** into small pieces and arrange on top.

Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** *Put the dish onto a baking tray to catch any drips.*



## Serve Up

When everything's ready, share the **sea bream** between your plates and serve the **green beans** and **Serrano gratin** alongside.

Sprinkle over the **parsley** and **toasted flaked almonds** to finish.

## Enjoy!