



Pan-Fried Sea Bream and Bacon Crisps

with Tarragon Cream Sauce, Garlic Smashed Potatoes and Roasted Tenderstem®

30

Calorie Smart Luxe 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



Garlic Clove



Tarragon



Salad Potatoes



British Streaky Bacon



Tenderstem® Broccoli



Creme Fraiche



Vegetable Stock Paste



Wholegrain Mustard



Sea Bream Fillets

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, frying pan, kitchen paper, bowl and saucepan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Tarragon**	½ bunch	¾ bunch	1 bunch
Salad Potatoes	350g	500g	700g
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Tenderstem® Broccoli**	150g	200g	300g
Crème Fraîche** 7)	75g	120g	150g
Vegetable Stock Paste	10g	15g	20g
Wholegrain Mustard 9)	17g	25g	34g
Sea Bream Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	495g	100g
Energy (kJ/kcal)	2569 /614	519 /124
Fat (g)	41.3	8.3
Sat. Fat (g)	13.3	2.7
Carbohydrate (g)	36.7	7.4
Sugars (g)	5.9	1.2
Protein (g)	32.9	6.6
Salt (g)	2.51	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

4) Fish 7) Milk 9) Mustard

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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Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.

Peel and grate the **garlic** (or use a garlic press). Roughly chop the **tarragon** (stalks and all, see ingredients for amount).

Halve the **salad potatoes** widthways and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



Make your Tarragon Sauce

Pop a medium saucepan on medium heat and add the **crème fraîche**, **tarragon**, **veg stock paste**, **mustard** (add less if you'd prefer) and **water for the sauce** (see pantry for amount). Stir together, then bring to the boil.

Reduce the heat to medium-low and simmer the **sauce** until slightly reduced, 4-5 mins.

Season to taste with **salt** and **pepper**, then remove from the heat.



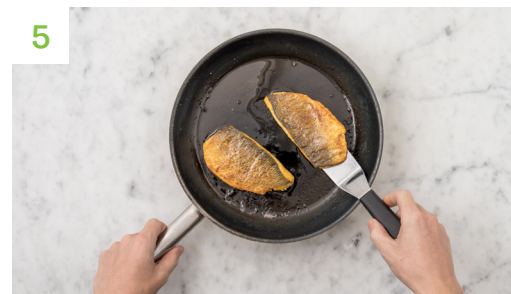
Smash the Potatoes

Meanwhile, pop the **garlic** into a small bowl with the **olive oil** (see pantry for amount). Season, mix together and set aside.

Heat a drizzle of **oil** in a frying pan on high heat. Once hot, lay in the **bacon** and fry until crispy, 3-4 mins each side. Transfer to a plate lined with kitchen paper, then set the plate and your pan aside, keeping the **bacon fat**.

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each potato.

Drizzle the **smashed potatoes** with the **garlic oil** and return to the top shelf until crispy and golden, 10-15 mins.



Fish to Fry

When everything's almost ready, pop your frying pan with the **bacon fat** on medium-high heat. Pat the **sea bream** dry with kitchen paper.

Once hot, lay the **fish** in the pan, skin-side down. Season with **salt** and **pepper**.

Cook until the **skin** is golden brown, 3-4 mins, then turn over and cook for a further 2-3 mins. **TIP:** Don't move the fish while it's cooking skin-side down to ensure crispy skin. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

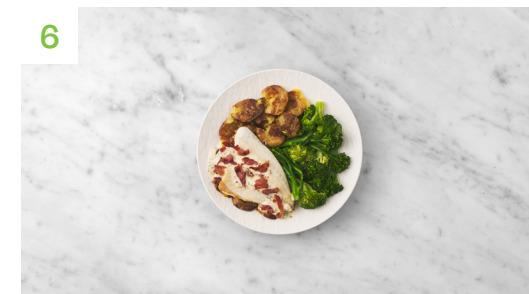


Broccoli Time

Halve any thick **broccoli stems** lengthways. Pop the **Tenderstem®** on a baking tray and drizzle with **oil**, season with **salt** and **pepper** and set aside.

Pop the **broccoli** onto the middle shelf for the last 10 mins of **potato** cooking time.

If you'd prefer to boil your broccoli, boil it in step 5 while the fish fries for 3-5 mins, until tender. Drizzle with a little oil and season.



Finish and Serve

When ready, reheat the **tarragon cream sauce** if necessary.

Serve the **sea bream** on your plates with the **potatoes** and **broccoli** alongside.

Spoon over the **cream sauce**, then snap the **crispy bacon** into pieces and sprinkle over the top.

Enjoy!