



# Peruvian Inspired Sea Bream and Zingy King Prawns with Sweet Potato Slices and Charred Corn & Avocado Salsa

30

Paddington in Peru

35-40 Minutes • Medium Spice • 4 of your 5 a day



Sweet Potato



Central American Style Spice Mix



Sweetcorn



Baby Plum Tomatoes



Avocado



Garlic Clove



Coriander



Lime



Red Chilli



Sea Bream Fillets



King Prawns



Greek Style Salad Cheese

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

### TASTY ADVENTURES IN PERU

Discover Peruvian cuisine alongside British Classics on your HelloFresh menu! Paddington in Peru hits cinemas on the 8th November – celebrate with easy and delicious meals inspired by Paddington.

With its long coastline, Peru is home to many sensational seafood dishes. Discover the vibrant flavours of Peruvian staples such as chillies, limes, coriander and corn in this dish for a colourful meal that brings the sun and sea of Peru with it.



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## 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

Baking tray, sieve, frying pan, bowl, garlic press and baking paper.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Sweetcorn	160g	255g	340g
Baby Plum Tomatoes	125g	190g	250g
Avocado	1	1½	2
Garlic Clove**	2	3	4
Coriander**	1 bunch	1½ bunches	2 bunches
Lime**	2	3	4
Red Chilli**	1	1½	2
Sea Bream Fillets** 4)	2	3	4
King Prawns** 5)	150g	225g	300g
Greek Style Salad Cheese** 7)	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>769g</b>	<b>100g</b>
Energy (kJ/kcal)	3285/785	427/102
Fat (g)	39.1	5.1
Sat. Fat (g)	9.5	1.2
Carbohydrate (g)	70.7	9.2
Sugars (g)	25.7	3.3
Protein (g)	43.2	5.6
Salt (g)	2.69	0.35

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

## Allergens

4) Fish 5) Crustaceans 7) Milk

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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## Bake the Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **sweet potatoes** widthways into 1cm thick rounds (no need to peel).

Put the **sweet potato** onto a large baking tray and sprinkle over the **Central American style spice mix**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, bake on the middle shelf until golden and cooked through, 25-28 mins. Turn halfway through.



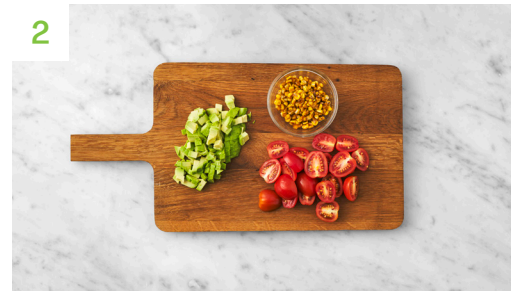
## Fry the Prawns

Drain the **prawns**. Heat a drizzle of **oil** in the frying pan on medium-high heat.

Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 3-4 mins.

Add the **garlic** and **chilli** (add less if you'd prefer things milder). Stir-fry for 1 min. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Remove the pan from the heat. Add **half** the **lime juice**, **half** the **coriander** and the **sugar** (see pantry for amount). Stir to combine.



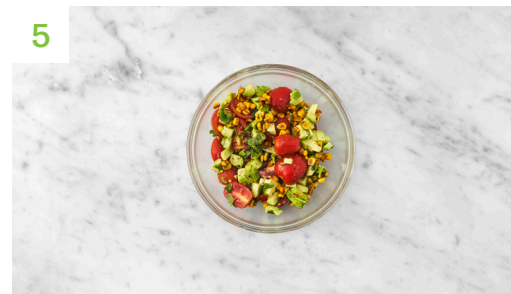
## Get Prepping

Meanwhile, drain the **sweetcorn** in a sieve.

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

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Transfer the **sweetcorn** to a medium bowl and set aside.

While the **corn** is frying, quarter the **baby plum tomatoes**. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.



## Dress to Impress

When everything's nearly ready, add the **tomatoes** and **avocado** to the bowl of **charred corn**.

Add the remaining **coriander**, remaining **lime juice** and the **olive oil for the dressing** (see pantry for amount).

Season with **salt** and **pepper**. Stir to combine.

**SCAN FOR THE CHANCE TO WIN! PADDINGTON IN PERU**

We bear good news: don't miss the chance to win a family adventure to The Paddington Bear™ Experience and official film merchandise!



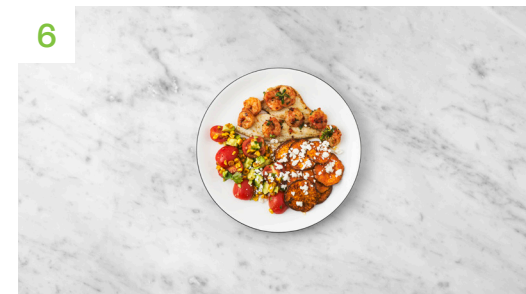
## Bring on the Bream

Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **limes**. Halve the **red chilli** lengthways, deseed, then finely chop.

Lay the **sea bream**, skin-side up, onto a lined baking tray. Season with **salt** and **pepper**.

When the **sweet potatoes** have 10 mins remaining, bake the **sea bream** on the top shelf until the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

Meanwhile, give the (now empty) frying pan a quick wipe clean.



## Serve Up

Share the **sea bream** between your plates and spoon over the **prawns** and any **sauce** from the pan.

Serve the **sliced sweet potatoes** and **sweetcorn salsa** on the side.

Crumble the **Greek style salad cheese** over the **sweet potatoes** to finish.

Enjoy!