

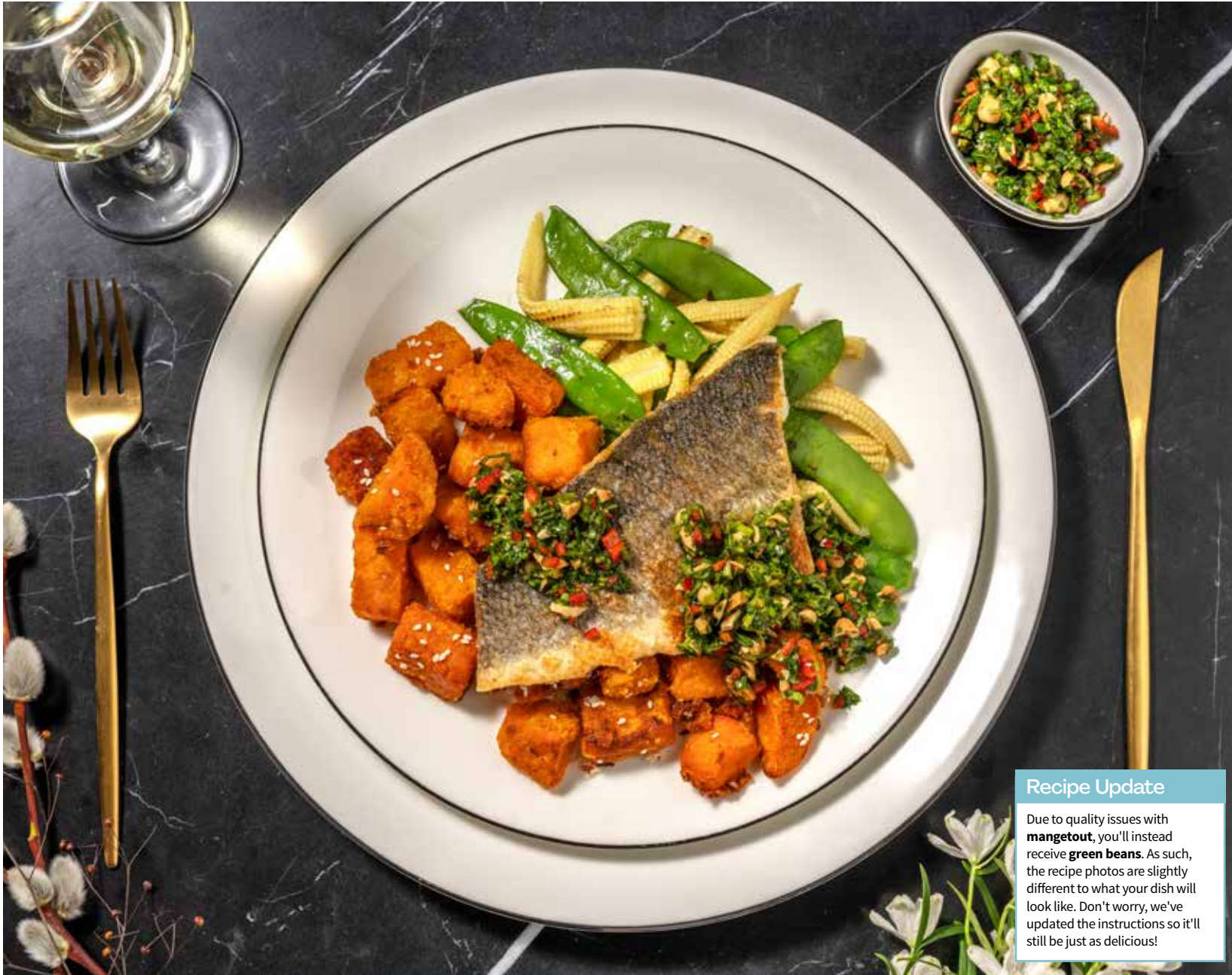


Crispy Sea Bream and Asian Style Pesto

with Roasted Sesame Sweet Potatoes and Stir-Fried Veg

30

Premium 35-40 Minutes • Mild Spice • 5 of your 5 a day



Sweet Potato



Roasted White Sesame Seeds



Coriander



Red Chilli



Salted Peanuts



Lime



Sesame Oil



Baby Corn



Garlic Clove



Green Beans



Ginger Puree



Sea Bream Fillet

Recipe Update

Due to quality issues with **mangetout**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar, 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

Kettle, baking tray, saucepan, colander, rolling pin, fine grater, bowl, garlic press, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	3	4	6
Roasted White Sesame Seeds 3)	7g	10g	14g
Coriander**	1 bunch	1½ bunches	2 bunches
Red Chilli**	½	¾	1
Salted Peanuts 1)	25g	32g	40g
Lime**	1	1	1
Sesame Oil 3)	20ml	30ml	40ml
Baby Corn**	60g	90g	120g
Garlic Clove**	1	1	1
Green Beans**	80g	150g	160g
Ginger Puree	7g	7g	15g
Sea Bream Fillet** 4)	2	3	4
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	1 tsp	1 tsp
Olive Oil for the Pesto*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3384/809	532/127
Fat (g)	33.3	5.2
Sat. Fat (g)	5.8	0.9
Carbohydrate (g)	94.2	14.8
Sugars (g)	29.0	4.5
Protein (g)	32.5	5.1
Salt (g)	1.07	0.17

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

Allergens

1) Peanut **3)** Sesame **4)** Fish

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, milk, egg, mustard, celery, soya, 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.

Contact

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Boil the Sweet Potatoes

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

Boil a full kettle. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Peel and chop the **sweet potatoes** into 3cm chunks.

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Boil the **potatoes** for 5-6 mins or until the edges are soft.



Cook the Veg

Halve the **baby corn** lengthways. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.

When the **sweet potatoes** are halfway through roasting, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 4-5 mins.

Stir through the **baby corn** and stir-fry until softened but with a slight bite, 2-3 mins.

Add the **ginger puree** (see ingredients for amount) and **garlic**. Stir-fry for 1 more min, then transfer to another bowl and cover loosely with foil.



Get Roasting

When ready, drain the **sweet potatoes** in a colander and sprinkle on the **flour** (see pantry for amount).

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Sprinkle over the **sesame seeds** and season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.



Fish to Fry

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Season the **bream** with **salt** and **pepper** and carefully lay into 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. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Make your Pesto

Meanwhile, chop the **coriander** as finely as you can (stalks and all). Halve the **red chilli** lengthways, deseed, then finely chop (see ingredients for amount).

Crush the **peanuts** in the unopened sachet using a rolling pin. Zest and halve the **lime**.

In a small bowl, mix together the **sesame oil**, **lime zest**, **coriander**, **peanuts**, **chilli** (use less if you'd prefer things milder) and **sugar** (see pantry for amount). Squeeze in some **lime juice**, season with **salt** and mix in the **olive oil for the pesto** (see pantry for amount).

Season to taste with more **lime juice**, **salt** and **oil** if needed. Set your **Asian style pesto** aside.



Finish and Serve

When everything's ready, transfer the **sea bream** to your plates and spoon over your **Asian style pesto**.

Serve with the **stir-fried veg** and **roasted sesame sweet potatoes** alongside.

Enjoy!