



# Sea Bream in Creamy Garlic and Lemon Sauce with Roast Potatoes and Asparagus

Premium 45-50 Minutes • 1 of your 5 a day

32



Potatoes



Echalion Shallot



Garlic Clove



Lemon



Chives



Asparagus Bundles



Sea Bream Fillet



Vegetable Stock Paste



Dijon Mustard



Creme Fraiche

## Before you start

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

## Cooking tools

Baking tray, garlic press, baking paper, frying pan, saucepan and colander.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Lemon**	½	½	1
Chives**	1 bunch	1 bunch	1 bunch
Asparagus Bundles**	200g	300g	400g
Sea Bream Fillet** 4)	2	3	4
Water for the Sauce*	50ml	75ml	100ml
Vegetable Stock Paste 10)	10g	15g	20g
Dijon Mustard 9) 14)	10g	15g	20g
Creme Fraiche** 7)	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	524g	100g
Energy (kJ/kcal)	2267 /541	433 /103
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	48	9
Sugars (g)	7	1
Protein (g)	29	6
Salt (g)	1.47	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 9) Mustard 10) Celery 14) Sulphites

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.

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## Roast the Potatoes

*If you want to eat your dessert straight after your main, do steps 1 and 2 of the apple crumble recipe before you start preparing the main. Pop the crumble into your oven (step 3) once you've finished cooking and are plating up your main.*

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Make the Creamy Sauce

While the **fish** bakes, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and stir-fry, 30 secs. Stir in the **water for the sauce** (see ingredients for amount), **vegetable stock paste**, **Dijon mustard** and **two thirds** of the **creme fraiche** (see ingredients for amount you'll need - set the rest aside for the dessert). Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins. Remove from the heat. Squeeze in some **lemon juice** to taste, and stir through **half** the **chives**.



## Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **lemon** (zest it first if you haven't already for the dessert). Finely chop the **chives**. Trim the bottom 2cm from the **asparagus** and discard.



## Blanch the Asparagus

While the **sauce** simmers, bring a large saucepan of **water** to the boil with ¼ **tsp salt** for the **asparagus**. Just before you are ready to serve, add the **asparagus** to the boiling **water** and cook until tender, 1-2 mins. Drain well in a colander, then pop back into the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



## Bake the Fish

Lay the **sea bream**, skin-side up, onto a baking tray lined with baking paper. Season with **salt** and **pepper**. Once the **potatoes** have been cooking for 15 mins, bake the **fish** on the middle shelf until cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



## Serve

When everything is ready, transfer the **sea bream** to your plates. Warm through the **sauce** if needed. **TIP:** Add a splash of water if it's a little thick. Spoon the **creamy sauce** over the **bream**, then sprinkle over the remaining **chives**.

## Enjoy!



# Apple Crumble Dessert with Creme Fraiche

Premium 45 Minutes • 1 of your 5 a day • Veggie

32



Apple



Lemon



Caster Sugar



Unsalted Butter



Plain Flour



Creme Fraiche

## Before you start

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

## Cooking tools

Zester, bowl and ovenproof dish.

## Ingredients

	2P	3P	4P
Apple**	4	6	8
Lemon**	½	½	1
Caster Sugar	75g	120g	150g
Unsalted Butter** 7)	60g	90g	120g
Plain Flour <b>13)</b>	75g	112g	150g
Crème Fraîche** <b>7)</b>	50g	75g	100g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	334g	100g
Energy (kJ/kcal)	3010/718	900/215
Fat (g)	38	11
Sat. Fat (g)	24	7
Carbohydrate (g)	94	28
Sugars (g)	58	17
Protein (g)	5	2
Salt (g)	0.21	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Cereals containing gluten

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## Contact

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2



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## Prep the Apples

Preheat your oven to 200°C. Peel, quarter, core and roughly chop your **apples**. Zest and halve the **lemon**. Reserve ½ **tbsp** of the **sugar** per person and set aside for sprinkling over the **crumble** later. Pop the **apples** into a medium bowl with the **lemon zest** and **half** the remaining **sugar**. Mix to coat the **apples** well, then set aside.

## Crumble Time

Chop the **butter** into 1cm pieces. In a large bowl, combine the **flour** (see ingredients for amount) and the remaining **sugar**, then add the chopped **butter** and rub in with your fingertips until it resembles breadcrumbs. Spoon the **apple mixture** into an appropriately sized ovenproof dish and top with an even layer of **crumble mixture**. Sprinkle the reserved **sugar** over the top.

## Bake and Serve

When ready, bake the **crumble** on the top shelf of your oven until the **top** is golden and the **apple** is bubbling, 35-40 mins. Once baked, remove from the oven and allow to cool slightly before serving. Serve in bowls with the remaining **crème fraîche** (see ingredients for amount) spooned over.

Enjoy!