

Fried Seabream and Roasted Vegetables

with Curry Rice

hellóchef

A veggie-packed take on Kedgeree!

Cals 710 • Prot 60 • Carbs 107 • Fat 12

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fish	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Olive oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Veggies				
Eggplant	1	1	2	Pieces
Small zucchini	2	3	4	Pieces
Carrot	1	2	2	Pieces
Olive oil	1	2	2	Tbsp
Rice				
Red onion	1	1	2	Pieces
Garlic cloves	3	4	5	Pieces
Olive oil	2	3	4	Tbsp
Curry powder	5	8	10	Grams
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Pieces
Salt	0.5	0.5	0.5	Tsp
Green peas	100	150	200	Grams
To serve				
Organic Eggs 5*	2	3	4	Pieces
Lime	1	2	2	Pieces
Fresh coriander	15	15	15	Grams

Allergens

*6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2968 / 710
Fat (g)	11.5
of which saturates (g)	3.8
Carbohydrate (g)	107
of which sugars (g)	15.2
Fiber (g)	14.8
Protein (g)	60.3
Salt (g)	3.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast veggies

Preheat the oven to 225°C. Cut **eggplant** to **cubes**. Cut **zucchini** to chunks. Peel and cut **carrots** to coins. In a bowl, coat the veggies with **olive oil**. Pour on an oven tin lined with baking paper. Roast for about 25 minutes until nicely browned.



2 Prepare rice

Meanwhile, peel and mince **onion** and **garlic**. Heat **oil** in a large pan over medium-high heat. Fry **onion** for 5 minutes. Add **garlic, curry powder, and rice**. Cook, stirring, for 2–3 minutes. Add **water** and **stock cube**. Bring to a boil, stir once, cover, and reduce the heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes. Season with **salt** to taste. Finally fold in the **green peas**.



3 Boil eggs

While the **rice** is cooking, boil **eggs** for about 7 minutes. Submerge in cold **water**, then peel and halve.



4 Fry fish

Heat **oil** in a pan over high heat. Fry the fish fillets until cooked through but still juicy (do not overcook). Season with **salt** and **pepper**.



5 Combine

Mix the roasted vegetables in the **rice**, or serve them on top of the **rice**. Divide to plates and top with fried fish and halved **eggs**. Finish with **lime** wedges and chopped **fresh coriander**.