

Almond and Lemon Crusted Seabream

with Creamy Spinach and Spring Onion

hellóchef

Enjoy this crispy-coated fish in creamy sauce – delicious!

Cals 537 • Prot 56 • Carbs 20 • Fat 29

Quick Prep

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 prep: 5 min

 cook: 25 min

R2160



Before you start

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

Ingredients

Crusted seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Lemon	1	2	2	Piece
Grated Parmesan 4*, 5*	30	45	60	Grams
Almond flakes 1*, 2*	30	45	60	Grams
Dried basil	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp
Sides				
Spinach	400	600	800	Grams
Spring onion	40	60	80	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Onion powder	2	4	4	Grams
Garlic paste	10	15	20	Grams
Cooking cream 4*	100	200	200	ML
Black pepper	0.5	0.5	1	Tsp

Allergens

*6 Fish, *4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts

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)	2235 / 537
Fat (g)	29.1
of which saturates (g)	9.6
Carbohydrate (g)	20
of which sugars (g)	5.8
Fiber (g)	7.7
Protein (g)	56.2
Salt (g)	1.7

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



1 Make crust

Preheat the oven to 200°C/180°C fan. Pat the **seabream** fillets dry with kitchen paper. Using a fine blade, grate the zest of the **lemon**, taking care to avoid its bitter white pith. On a plate, combine the **grated Parmesan**, [1/1.5/2] tsp of the **lemon zest**, the **almond flakes**, **dried basil** with a pinch of **salt** and **pepper** to taste.



2 Bake fish

Turn the **seabream** fillets in the **Parmesan crust**. Place the coated **seabream** onto an oiled baking dish. Drizzle with **oil**, and bake for 15–20 min or until cooked through and crispy on top.
Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



3 Prep veg

Meanwhile, trim roughly chop the **spinach** leaves. Trim and finely slice the **spring onion**.



4 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **spring onion** with a pinch of **salt** for 2 min. Add the **onion powder**, **garlic paste** and **spinach** and fry for 2 min further. Add the **cream** and cook for a final 2–3 min. Season with **salt** and **pepper** to taste.



5 Prep lemon

Meanwhile, slice the **lemon** into wedges.



6 Serve

Divide the **almond crusted seabream** among plates. Serve the **creamy spinach** and top with the **spring onion**. Serve the **lemon wedges** alongside.