

Provencale Baked Seabream

with Steamed Broccoli

hellóchef

Provencale refers to dishes cooked in a sauce made with tomatoes, garlic and olive oil.

Cals 398 • Prot 46 • Carbs 31 • Fat 13

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 35 min

R2510



Before you start

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

Ingredients

Baked seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Red onion	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Cherry tomatoes	250	300	500	Grams
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Butter 4*	20	30	50	Grams
Fresh parsley	15	15	15	Grams
Side				
Broccoli	300	450	600	Grams
To Serve				
Lemon	1	2	2	Piece

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)	1659 / 398
Fat (g)	12.5
of which saturates (g)	6.9
Carbohydrate (g)	31
of which sugars (g)	11.9
Fiber (g)	9.7
Protein (g)	46.2
Salt (g)	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 Simmer

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Heat a pan over a medium heat with the **olive oil**. Fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and cook for 1 min further. Add the **cherry tomatoes, measured water, {0.5/1/1} stock cube, salt** and **pepper**. Simmer, covered, for 15 min or until the **tomatoes** have broken down and released their juices.



2 Fry

Meanwhile, chop the **parsley**. Place the **seabream** in an oiled baking dish and season with **salt** and **pepper**. Set aside.



3 Bake

After 15 min, add the **butter** and chopped **parsley** to the **tomatoes**. Pour the lot over the **seabream**. Bake for 15 min or until the **seabream** is cooked through.

Tip! In a rush? Fry the fish in butter while the vegetables are baking.



4 Steam

Meanwhile, rinse the **broccoli** and separate it into florets. Cook the **broccoli** florets in a pot of salted boiling water for 5 min or until tender. Drain once cooked.



5 Serve

Finish the **seabream** with a squeeze of **lemon** juice. Serve the **broccoli** to the side.