

Seabream and Cauliflower Mash

with Green Beans and Garlic Butter

While this one's simple to prep, it's bound to impress!

Cals 563 • Prot 53 • Carbs 21 • Fat 31

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



🕒 cook: 25 min

R2954

Before you start

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

Ingredients

| Seabream and butter | 2 ppl | 3 ppl | 4 ppl | |
|--------------------------|-------|-------|-------|-------|
| Seabream 6* | 330 | 525 | 660 | Grams |
| Fresh parsley | 15 | 15 | 15 | Grams |
| Garlic cloves | 3 | 6 | 6 | Piece |
| Butter 4* | 50 | 100 | 100 | Grams |
| Capers | 20 | 40 | 40 | Grams |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Vegetable oil | 1 | 1 | 2 | Tbsp |
| Sides | | | | |
| Cauliflower | 400 | 600 | 800 | Grams |
| Whole milk 4* | 100 | 200 | 200 | ML |
| Vegetable stock cube 15* | 0.5 | 1 | 1 | Piece |
| Green beans | 150 | 250 | 300 | Grams |
| Grated Parmesan 4*, 5* | 30 | 45 | 60 | Grams |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |

Allergens

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

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) | 2341 / 563 |
| Fat (g) | 31.4 |
| of which saturates (g) | 15 |
| Carbohydrate (g) | 21 |
| of which sugars (g) | 9.2 |
| Fiber (g) | 7 |
| Protein (g) | 52.7 |
| Salt (g) | 1.8 |

*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 cauliflower

Trim the **cauliflower** and chop it, including the stalk, into bite-sized pieces. Heat the **milk** and [0.5/1/1] **vegetable stock cube** in a pot with a lid over a medium heat. Add the **cauliflower** and cook, covered, for 10-12 min or until soft.



2 Prep

Meanwhile, finely chop the **parsley** leaves. Peel and mince the **garlic**. Trim the **green beans**. Bring a second pot of salted water to the boil.



3 Make garlic butter

Heat a saucepot over a medium-low heat with the **butter** and **garlic**. Once melted, add the chopped **parsley** and the **capers** and cook for 1-2 min. Set aside to keep warm.

Tip! Make sure not to burn the butter or garlic.



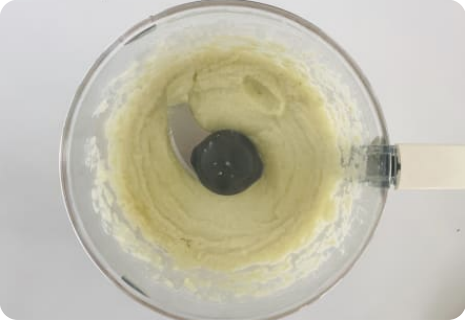
4 Boil green beans

Once the water is boiling, add the **green beans** to the pot. Cook the **beans** over a medium heat for 5 min or until tender. Drain.



5 Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large pan over a medium-high heat with a drizzle of **oil** . Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and fry for 1 min further.



6 Serve

Meanwhile, once soft, add the **cauliflower** and **milk** into a blender or food processor. Blitz for 1-2 min until smooth. Add the **grated Parmesan** and season with **salt** and **pepper** to taste. Serve the **seabream** over the **cauliflower mash** with the **green beans** alongside. Drizzle everything with the **garlic butter**.

Tip! Not got a food processor? Use a hand-held blender instead.