

# Seabream with Vegetables

## in Chilli Sauce

hellóchef

Delicious Asian flavours that come together in minutes!

Cals 379 • Prot 45 • Carbs 38 • Fat 7

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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 <b>6*</b>	330	525	660	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Chilli sauce				
Sriracha sauce	14	21	28	Grams
Sweet chilli sauce	40	60	80	ML
Apple cider vinegar	15	22	30	ML
Vegetable oil	2	3	4	Tbsp
Soy sauce <b>9*, 10*, 11*</b>	15	20	30	ML
Chilli flakes	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Vegetables				
Cauliflower	200	300	400	Grams
Carrot	1	2	2	Piece
Red onion	1	1	2	Piece
Sugar snap peas	100	150	200	Grams
Garlic cloves	2	3	4	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
To serve				
Large green chilli	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Sesame seeds <b>3*</b>	10	15	20	Grams

Allergens

**\*6 Fish, \*9 Soya, \*10 Wheat, \*11 Gluten, \*3 Sesame Seeds**

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/koal)	1585 / 379
Fat (g)	6.5
of which saturates (g)	1.2
Carbohydrate (g)	38
of which sugars (g)	21.1
Fiber (g)	8.3
Protein (g)	45.2
Salt (g)	2.6

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



1 Prep vegetables

Chop the **cauliflower** into bite-sized pieces. Peel and chop the **carrot** into half moons. Peel and chop the **red onion** into wedges. Trim and chop the **sugar snap peas** into bite-sized pieces. Peel and mince the **garlic**. Finely slice the **green chilli**. Finely chop the **coriander**.



4 Add sauce

Add the **chilli sauce (spicy!)** and **sugar snap peas** to the **vegetables**. Reduce the heat to low and cover the pan with a lid. Cook for 2-3 min, stirring occasionally, or until the **vegetables** are tender. Stir through the **coriander, green chilli (spicy!)** and **sesame seeds** (reserve some **coriander, green chilli** and **sesame seeds** for garnish).



2 Fry vegetables

Heat a large pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **cauliflower** and **carrots** with a pinch of **salt**. Fry for 2 min. Add the **red onion** and **garlic** and fry for 2-3 min further.



5 Fry seabream

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a separate 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 cook for 1-2 min further.



3 Mix sauce

Meanwhile, in a small bowl, combine the **sriracha (spicy!)**, **sweet chilli sauce (spicy!)**, **apple cider vinegar, vegetable oil, soy sauce, chilli flakes (spicy!)** and **salt**. This is your **chilli sauce**.

**Tip!** Sensitive to spice? Go easy on the sriracha, sweet chilli sauce and chilli flakes.



6 Serve

Divide the **vegetables** among plates. Top with the **seabream**. Garnish with the remaining **coriander, green chilli slices (spicy!)** and **sesame seeds**.