Tandoori Seabream
with Braised Lentils

Healthy, wholesome and perfectly spiced!

hello chef

cook: 30 min

R2961

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
Ginger garlic paste	10	15	20	Grams
Natural yogurt 4*	170	340	340	Grams
Garam masala	2	2	5	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	4	4	Grams
Onion powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
Lentils				
Brown onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Tomatoes	1	2	2	Piece
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Red lentils	80	120	160	Grams
Curry powder	5	8	10	Grams
Water	300	450	600	ML
Vegetable stock cube 15*	1	1	1	Piece
Black pepper	0.5	0.5	0.5	Tsp
To serve				
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams

Allergens

*6 Fish, *4 Milk, *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)	2049 / 490
Fat (g)	7.8
of which saturates (g)	2.5
Carbohydrate (g)	56
of which sugars (g)	17.7
Fiber (g)	12
Protein (g)	55
Salt (g)	1.1

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

1 Season fish

Add the **seabream** fillets to a plate, skin side down. In a small bowl, combine the **ginger garlic paste**, {1/1.5/2} Tbsp of **yogurt** (reserve the rest for serving), the **garam masala**, **chipotle (spicy!)**, **smoked paprika**, **onion powder** and **salt**. Spread the mix over the **fish** and refrigerate.

2 Prep vegetables

Peel and finely chop the **onion** and **garlic**. Peel and finely chop the **carrot**. Chop the **tomatoes**.

3 Start stew

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **carrot**. Cook with a pinch of **salt** for 5 min. Add the **garlic** and **tomatoes** and cook for 1-2 min further.

4 Simmer

Add the **red lentils**, **curry powder**, **measured water**, **vegetable stock cube** and **black pepper**. Bring to a simmer and reduce the heat to low. Cover with a lid and cook for 20 min or until the **lentils** are soft. If the stew thickens too much, add a splash of water.

5 Fry fish

See pro tip! Once the **lentil stew** is done, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the spiced **seabream**, skin side down, and fry for 3-4 min. Flip and fry for a final 1 min on the other side.

Tip! Don't move the fish around in the pan until you're ready to flip it. That way the skin won't stick to the pan!

6 Serve

Slice the **lime** into wedges and pick the **coriander** leaves. Divide the **lentil stew** among shallow bowls or plates. Top with the **seabream**. Serve with a dollop of the remaining **yogurt**, the **lime** wedges and **fresh coriander** leaves.