

Seabream, Garlic Butter and Crushed Potatoes

with Roasted Cherry Tomatoes

hellóchef

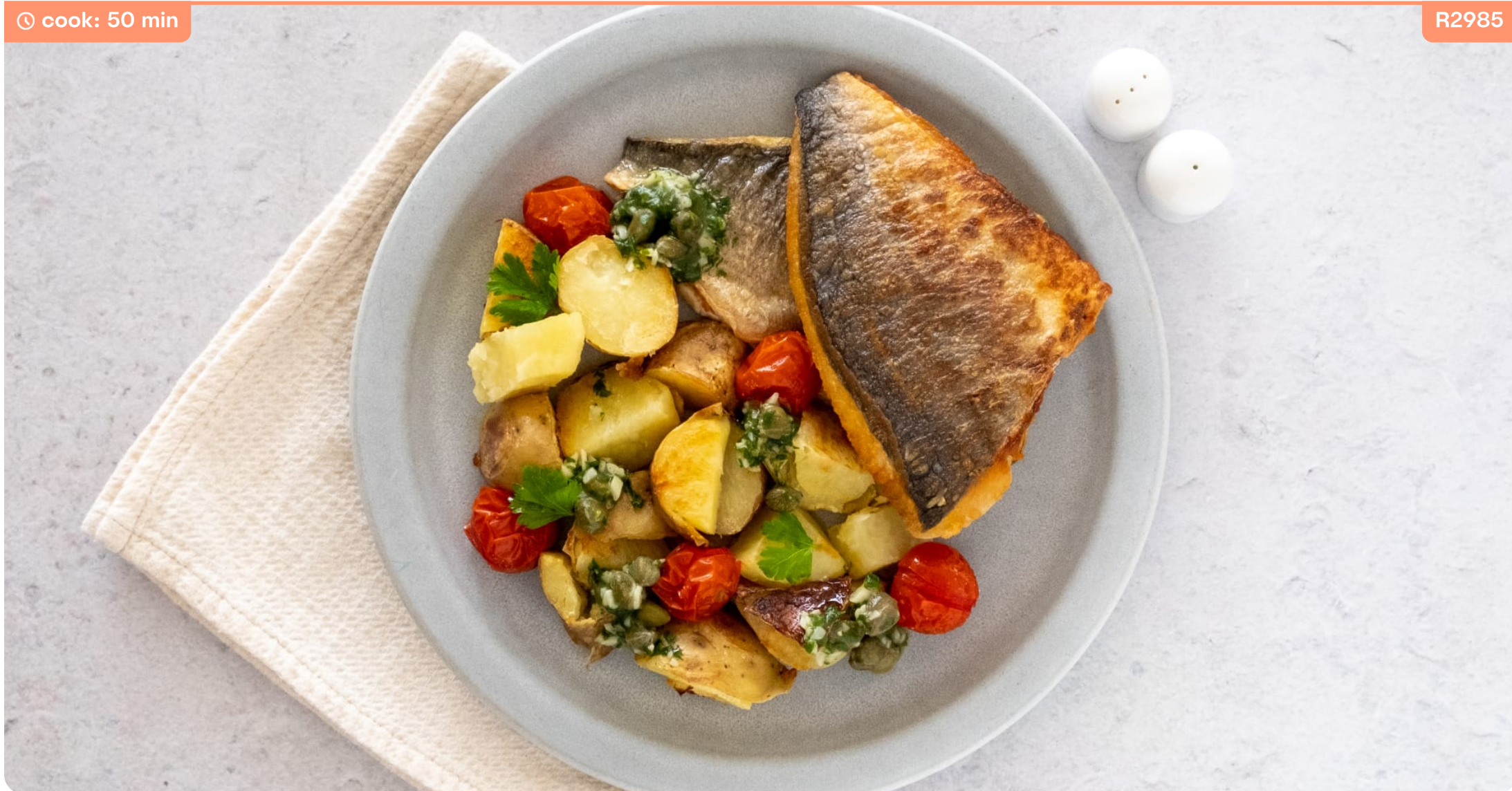
While this one's simple to prep, it's bound to impress!

Cals 577 • Prot 48 • Carbs 45 • Fat 24

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 50 min

R2985



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
Garlic cloves	3	4	6	Piece
Fresh parsley	15	15	15	Grams
Butter 4*	50	100	100	Grams
Capers	20	30	40	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp

Sides				
Potatoes	600	900	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Cherry tomatoes	150	250	300	Grams
Olive oil	1	1	2	Tbsp

Allergens

*6 Fish, *4 Milk

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)	2402 / 577
Fat (g)	24
of which saturates (g)	13.7
Carbohydrate (g)	45
of which sugars (g)	5.4
Fiber (g)	9.7
Protein (g)	48.2
Salt (g)	1.4

*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 potatoes

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted water to the boil. Chop the **potatoes** into bite-sized pieces (skins on). Once boiling, add the **potatoes** and cook for 15-20 min or until tender. Drain and leave them to steam dry in a colander. Place the cooked **potatoes** onto a baking tray. Drizzle generously with **oil** and season with **salt**. Roast in the oven for 20-25 min or until golden brown.

Tip! Boil the potatoes ahead of time - the cooler they are before roasting, the crispier they will be.



2 Roast tomatoes

Meanwhile, place the **cherry tomatoes** onto a second baking tray. Drizzle with **olive oil** and a pinch of **salt**. Roast for 25 min.

Tip! If cooking for kids, set aside a plain sliced portion of cherry tomatoes before roasting the remaining.



3 Prep

Meanwhile, peel and mince the **garlic**. Pick and finely chop the **parsley** leaves.

Tip! If cooking for kids, set aside a portion of chopped parsley to use as 'sprinkles'



4 Make garlic butter

Heat a small saucepot over a medium-low heat with the **butter** and **garlic**. Once melted, cook for 1 min. Add the **parsley** and **capers** and cook for 1-2 min further. Make sure not to burn the **butter** or **garlic**. Set aside to infuse.

Tip! If cooking for kids, set aside a portion of the melted garlic butter before adding the parsley and capers.



5 Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large pan with 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

Divide the **roast potatoes** and **cherry tomatoes** among plates. Serve the **seabream** alongside and drizzle with the **garlic butter**.

Tip! If cooking for kids, serve the roast potatoes, tomatoes and seabream separately. Serve the garlic butter and parsley as 'sprinkles' to the side.