

Indian Seabream

with Gunpowder Potatoes and Green Beans

hellóchef

Although potatoes and chillies are two of India's most-used ingredients, they were only introduced to the country in the early 17th century by the Portuguese!

Cals 549 • Prot 52 • Carbs 77 • Fat 7

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🕒 cook: 40 min

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Before you start

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

Ingredients

Seabass	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Curry powder	4	5	8	Grams
Salt	0.5	1	1	Tsp
Vegetable oil	1	1	1	Tbsp
Potatoes				
New potatoes	500	750	1000	Grams
Salt	0.5	1	1	Tsp
Spring onion	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Coriander seeds	2	2	4	Grams
Cumin seeds	2	2	4	Grams
Chilli flakes	2	2	2	Grams
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Sides				
Green beans	250	375	500	Grams
Salt	0.5	1	1	Tsp
Natural yogurt 4*	170	170	340	Grams

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)	2292 / 549
Fat (g)	7
of which saturates (g)	2.3
Carbohydrate (g)	77
of which sugars (g)	13.9
Fiber (g)	11.7
Protein (g)	51.5
Salt (g)	0.3

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



1 Boil potatoes

Preheat the oven to 220°C/200°C fan. Thoroughly wash the **potatoes**. Chop them in half. Cook them in a pot of salted boiling water for 15-20 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2 Make oil

Meanwhile, finely chop the **spring onion**. Heat a pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **coriander seeds, cumin seeds** and **chilli flakes (spicy!)**. Fry for 1-2 min.



3 Bake potaoes

Place the drained **potatoes** on a baking tray and crush them with a fork. Season with **salt**. Bake in the oven for 15 min. After 15 min, pour the **oil** over the **potatoes**, sprinkle with the **spring onions**, toss and bake for 5-10 min further or until crisp. Once crisp, remove the tray from the oven, squeeze the **lime** juice over and tumble with the **fresh coriander** leaves.



4 Boil green beans

Meanwhile, trim the **green beans** and cook them in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



5 Fry seabream

Pat the **seabream** dry and season on both sides with the **curry powder** and a pinch of **salt**. Heat a pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1 min further.



6 Serve

Serve the **seabream** over the **gunpowder potatoes** with the **green beans** and a dollop of **yogurt** to the side.