

Crispy Thai Seabream

with Tamarind Sauce and Cauliflower Rice

hellóchef

Sweet and sour with a hint of spice!

Cals 442 • Prot 48 • Carbs 55 • Fat 6

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🕒 cook: 30 min

R3181

Before you start

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

Ingredients

Seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Small red chilli	1	1	2	Piece
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Tomatoes	2	3	4	Piece
Lemongrass	1	1	1	Piece
Fresh coriander	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Fish sauce 6*, 10*	10	10	20	ML
Tamarind paste	15	22	30	Grams
Brown sugar	5	8	10	Grams
Corn starch	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Cauli-rice				
Sugar snap peas	100	150	200	Grams
Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

*6 Fish, *10 Wheat

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)	1846 / 442
Fat (g)	5.5
of which saturates (g)	1.1
Carbohydrate (g)	55
of which sugars (g)	15.3
Fiber (g)	10.6
Protein (g)	48.1
Salt (g)	2.4

*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

Finely chop the **chilli**. Peel and slice the **onion**. Peel and mince the **garlic**. Chop the **tomatoes** into bite-sized pieces. Slice the **lemongrass** in half and bash it with the back of a knife. Slice the **sugar snap peas** into bite-sized pieces. Finely chop the **coriander**.

Tip! Sensitive to spice? Deseed the chilli or use only half the amount.



2 Make tamarind sauce

Heat a large non-stick pan with a drizzle of **oil** over a medium heat. Once hot, add the **garlic, chilli (spicy!), onion** and **lemongrass**. Fry for 3 min. Add the **tomatoes, fish sauce, tamarind, brown sugar** and **coriander**. Cook for 2 min. Cover, remove from the heat and set aside.



3 Make cauliflower rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min. Add the **sugar snap peas**. Cook for a final 2 min. Transfer to a bowl to keep warm and reserve the pan.



4 Coat seabream

Pat the **seabream** fillets dry with kitchen paper. Coat both sides in the **corn starch**. Season with **salt**.



5 Fry seabream

Return the empty pan to a medium-high heat with a generous 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.

Tip! Alternatively, use the oven to bake the fish for 10-12 min at 180°C, or until cooked through and flakey.



6 Serve

Divide the **cauliflower rice** and **tamarind sauce** among plates. Top with the **seabream**.