

Seabream Piccata

with Sweet Potato Mash

Enjoy this seabream supper, served with a classic lemon, butter and caper sauce.

Cals 659 • Prot 46 • Carbs 87 • Fat 17

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🕒 cook: 35 min

R3214



Before you start

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

Ingredients

Piccata	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Garlic cloves	2	3	4	Piece
Red onion	1	2	2	Piece
Lemon	1	1	2	Piece
Fresh parsley	15	15	15	Grams
Corn starch	30	60	60	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	2	3	4	Tbsp
Vegetable stock cube 15*	1	1	2	Piece
Water	150	225	300	ML
Capers	20	30	40	Grams
Butter 4*	30	50	50	Grams
Mash				
Sweet potatoes	600	800	1200	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*6 Fish, *15 Celery, *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)	2750 / 659
Fat (g)	16.5
of which saturates (g)	9.3
Carbohydrate (g)	87
of which sugars (g)	18
Fiber (g)	14.2
Protein (g)	46.1
Salt (g)	1.6

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



1 Make mash

Peel and chop the **sweet potatoes** into bite-sized pieces. Add them to a pan of salted boiling water. Cook for 15 min or until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth. Season with **salt** and **black pepper**.



2 Prep

Meanwhile, peel and mince the **garlic**. Peel and finely chop the **red onion**. Wash the **lemon** thoroughly and grate its **zest** with a fine blade, taking care to avoid its bitter white pith. Juice half of the **lemon** and slice the remaining **lemon** into round slices. Finely chop the **parsley**.



3 Prep fish

Add the **corn starch** to a plate and season it with **salt** and **pepper**. Turn the **seabream** in the seasoned **corn starch**.



4 Fry fish

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, add the **seabream** and fry for 2–3 min on each side until browned and cooked through. Transfer to a plate and set aside. Reserve the pan (just wipe it clean, don't wash it!).



5 Make sauce

Return the pan to a medium-low heat with a second drizzle of **oil**. Once hot, add the **onion, garlic** and a pinch of **salt**. Cook for 1–2 min. Add the **stock cube** and **measured water**. Bring to a simmer and cook for 3 min.

Tip! Add a splash of water if the sauce begins to thicken too quickly.



6 Serve

Add the **capers** and **lemon** slices to the pan. Remove the pan from the heat and immediately add the **butter, parsley, {1/1.5/2} tbsp of lemon juice** and **{0.5/0.5/1} tsp of lemon zest**. Whisk until the sauce begins to thicken. Return the **seabream** to the pan, skin-side up. Season with a pinch of **black pepper**. Plate the **mash** and serve the **seabream** and **sauce** to the side.

Tip! Finishing the sauce with butter once taken off the heat creates a beautifully thick, glossy texture.