

# Crispy Seabream

## with Cauliflower Rice and Crackle Topping

**hellóchef**

Delicious, crispy seabream with a crackle topping made from crunchy peanuts, sesame seeds, garlic and ginger. Yum!

Cals 487 • Prot 51 • Carbs 42 • Fat 17

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🕒 cook: 35 min

R3325



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
Cucumber	2	3	4	Piece
Carrot	1	2	2	Piece
Lime	1	2	2	Piece
Brown sugar	5	8	10	Grams
Salt	1	1	2	Tsp
Vegetable oil	1	2	2	Tbsp

Cauliflower rice				
Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp

Crackle				
Salted peanuts 1*	40	60	80	Grams
Garlic cloves	1	2	2	Piece
Ginger	30	45	60	Grams
Sesame seeds 3*	10	15	20	Grams
Turmeric powder	2	2	4	Grams
Chilli flakes	2	2	2	Grams
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Tamari 9*	15	22	30	ML

Allergens

\*6 Fish, \*1 Peanuts, \*3 Sesame Seeds, \*9 Soya

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)	2037 / 487
Fat (g)	16.9
of which saturates (g)	2.6
Carbohydrate (g)	42
of which sugars (g)	18.2
Fiber (g)	11.1
Protein (g)	50.9
Salt (g)	5.2

\*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

Slice the **cucumber**. Peel and slice the **carrots**. Juice the **lime** into a bowl and add the **brown sugar, cucumber** and **carrot** slices with a pinch of **salt**. Mix well and set aside. Grate the **cauliflower** or blitz it in a food processor until it resembles rice grains. Finely chop the **peanuts**. Peel and grate the **garlic** and the **ginger** directly into a saucepan.

**Tip!** Why not grate the carrots instead of slicing them?



2 Make crackle topping

Place the saucepan over a medium heat with the **peanuts, sesame seeds, turmeric powder, chilli flakes (spicy!), olive oil, honey** and **tamari**. Cook for 4-5 min or until the mix thickens. Remove from the heat and set aside.



3 Fry cauli rice

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Add the **cauliflower** with a pinch of **salt** and stir-fry for 5-7 min. Once cooked, remove the pan from heat and keep covered until serving.



4 Fry fish

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a second large non-stick 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 1-2 min further.



5 Serve

Divide the **cauliflower rice** among plates. Serve the **seabream** with the sliced **cucumber** and **carrot pickle** alongside. Top with the **crackle topping**.