Seabream with Crunchy Hazelnuts, Green Beans

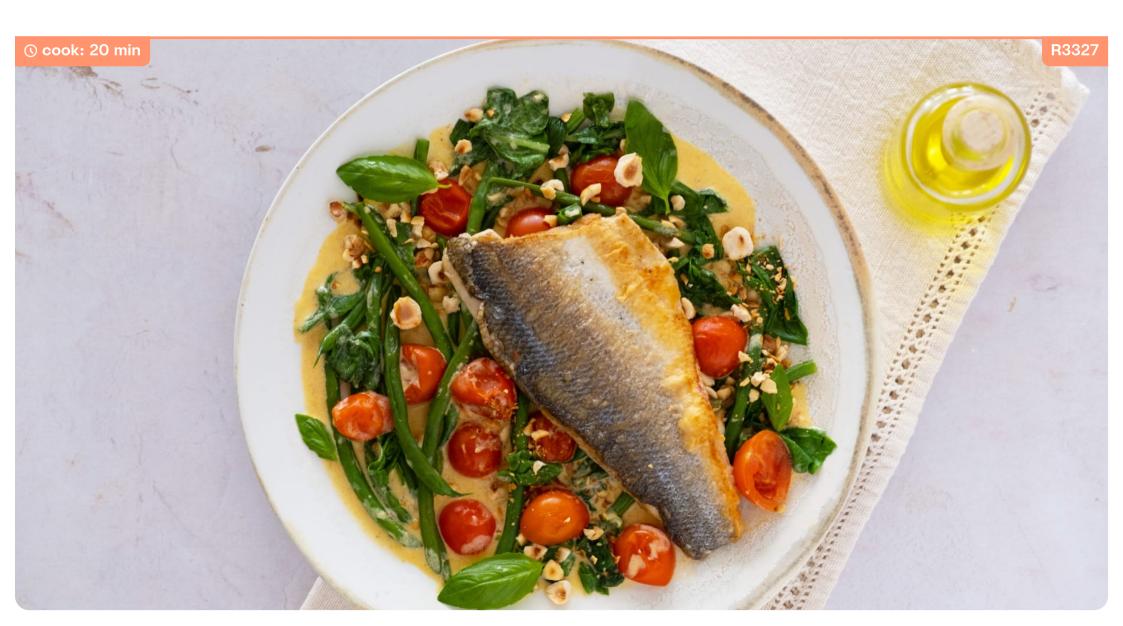
and Cherry Tomatoes

This seabream is paired with a creamy sauce and fresh vegetables. It's finished with a sprinkling of hazelnuts.

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Cals 480 • Prot 48 • Carbs 17 • Fat 25

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Before you start

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

Ingredients

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Seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Vegetable oil	1	1	2	Tbsp
Vegetables				
Hazelnuts 2*	40	60	80	Grams
Cherry tomatoes	150	250	300	Grams
Spinach	200	300	450	Grams
Green beans	150	250	375	Grams
Olive oil	2	3	4	Tbsp
Garlic paste	10	15	20	Grams
Water	150	225	300	ML
Vegetable stock cube 15*	1	1	1	Piece
Cream cheese 4*	80	120	160	Grams
Black pepper	0.5	1	1	Tsp
Salt	0.5	0.5	1	Tsp
Fresh basil	15	15	15	Grams

Allergens

*6 Fish, *2 Tree Nuts, *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)	2011 / 480
Fat (g)	25.1
of which saturates (g)	8
Carbohydrate (g)	17
of which sugars (g)	7.5
Fiber (g)	7.3
Protein (g)	48.4
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 Toast hazelnuts

Roughly chop or crush the **hazelnuts**. Heat a large pan over a medium-high heat. Add the **hazelnuts** and toast for 3 min or until golden. Transfer the **hazelnuts** to a plate. Wipe and reserve the pan.



2 Prep

Trim and roughly chop the **spinach** leaves. Trim the **green beans**. Chop the **cherry tomatoes** in half.



3 Make sauce

Return the reserved pan to a medium heat with a generous drizzle of olive oil. Once hot, add the garlic paste and cherry tomatoes and fry for 3 min. Add the measured water, [0.5/1/1] vegetable stock cube and the green beans. Cook, covered, for 8 min further or until the tomatoes start to break down and the green beans are tender. Add the cream cheese and spinach and cook for 1 final min or until the spinach has wilted. Season with pepper to taste.



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 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 cook for 1-2 min further.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5 Serve

Roughly tear the basil leaves. Serve the seabream over the creamy vegetables and top with the toasted hazelnuts and basil leaves.