

Seabream with Crunchy Hazelnuts, Green Beans and Cherry Tomatoes

hellóchef

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

Cals 480 • Prot 48 • Carbs 17 • Fat 25

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🕒 cook: 20 min

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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
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.