

Mediterranean Seabream

with Quinoa, Herb Dressing and Baby Spinach

hellóchef

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

Cals 581 • Prot 57 • Carbs 49 • Fat 20

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R3352



Before you start

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

Ingredients

Quinoa	2 ppl	3 ppl	4 ppl	
White quinoa	100	150	200	Grams
Water	200	300	400	ML
Vegetable stock cube 15*	1	1	1	Piece
Seabass				
Seabream 6*	330	525	525	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Salad				
Lemon	1	1	2	Piece
Fresh mint	10	10	20	Grams
Fresh basil	15	15	30	Grams
Garlic cloves	1	2	2	Piece
Parmesan 4*	30	45	60	Grams
Olive oil	4	6	8	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Baby spinach	60	90	125	Grams
Whole almonds 1*, 2*	40	60	80	Grams

Allergens

*15 Celery, *6 Fish, *4 Milk, *1 Peanuts, *2 Tree Nuts

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)	2430 / 581
Fat (g)	19.6
of which saturates (g)	4
Carbohydrate (g)	49
of which sugars (g)	3.3
Fiber (g)	7.4
Protein (g)	56.9
Salt (g)	1.7

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



1 Quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and {0.5/0.5/1} **stock cube**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender. Transfer to a bowl and refrigerate.



2 Prep

Meanwhile, wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Pick the **mint** and **basil** leaves. Peel and chop the **garlic**. Grate the **Parmesan**.



3 Blend dressing

Add the **Parmesan**, **mint**, **basil**, **garlic**, a very generous squeeze of **lemon** juice, the **lemon** zest, **olive oil**, **salt** and **pepper** to a food processor. Blitz.

Tip! Firmly roll the lemon on the work surface before slicing it. This will help release more of its juices.



4 Fry

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a 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 Assemble

Meanwhile, toss the drained and cooled **quinoa**, **baby spinach** and **almonds** in the **dressing**.



6 Serve

Serve the **seabream** over the **herby quinoa salad**.