Pan-fried Seabream

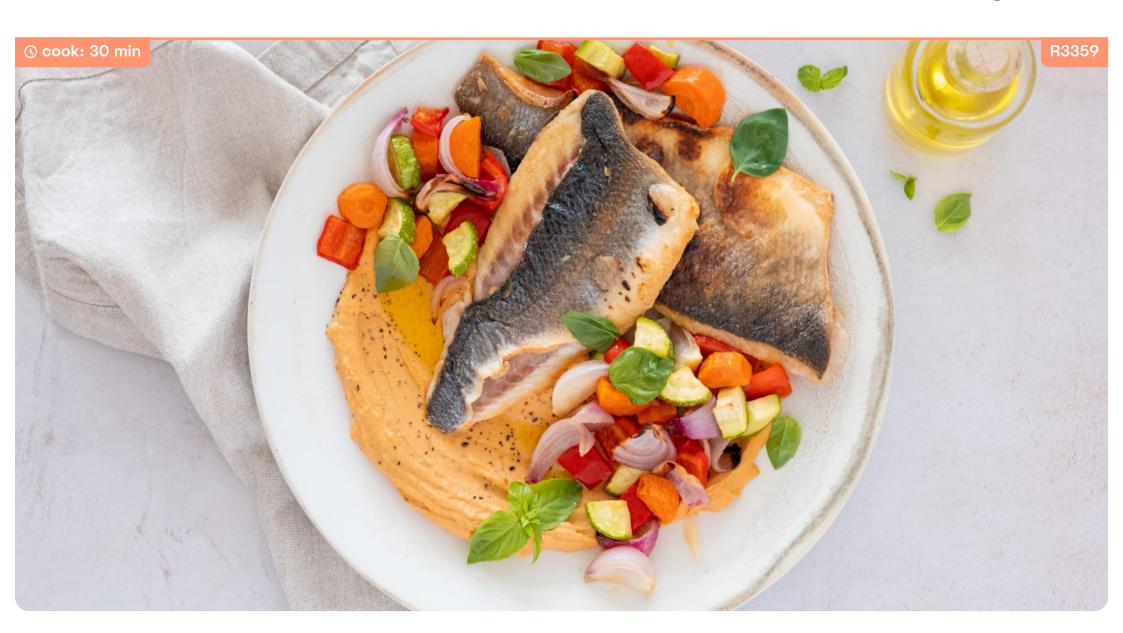
with Roasted Pepper Hummus and Veg

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!

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Cals 561 • Prot 50 • Carbs 41 • Fat 24

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Before you start

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

Ingredients

3				
Seabream	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Roasted vegetables				
Red pepper	1	2	2	Piece
Small zucchini	2	3	4	Piece
Carrot	1	2	2	Piece
Red onion	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Red pepper hummus 3*	225	225	450	Grams
Fresh basil	15	15	15	Grams

Allergens

*6 Fish, *3 Sesame Seeds

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)	2347 / 561
Fat (g)	24.1
of which saturates (g)	2.8
Carbohydrate (g)	41
of which sugars (g)	14.6
Fiber (g)	10.7
Protein (g)	50.4
Salt (g)	1.9

^{*}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

Preheat the oven to 200°C/180°C fan. Roughly chop the **peppers** and **zucchinis**. Peel and roughly chop the **carrots**. Peel and slice the **red onions** into wedges. Add the **peppers**, **onions**, **zucchinis** and **carrots** to a lined baking tray. Drizzle with **olive oil** and season generously with **salt**. Roast for 25 min until browned and tender.



2 Fry

Once the **vegetables** have been in the oven for 15 min, heat a pan over a medium-high heat with a drizzle of **oil**. Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. 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.



3 Pick basil

Meanwhile, pick the **basil** leaves and discard the stems.



4 Serve

Serve the **seabream** over the roasted **onions**, **carrots**, **red peppers** and **zucchinis** with the **hummus** to the side. Garnish with the **fresh basil** leaves.