

# Pan-fried Seabream

## with Roasted Pepper Hummus and Veg

**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 561 • Prot 50 • Carbs 41 • Fat 24

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3359



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	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 **zucchini**s. Peel and roughly chop the **carrots**. Peel and slice the **red onions** into wedges. Add the **peppers, onions, zucchini**s 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 **zucchini**s with the **hummus** to the side. Garnish with the **fresh basil** leaves.