

Seabream with Garlic Mash Potato and Greek Tomato Salsa

hellóchef

This recipe is inspired by Skordalia, a tasty Greek garlic mash potato.

Cals 661 • Prot 52 • Carbs 65 • Fat 26

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🕒 cook: 40 min

R3446



Before you start

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

Ingredients

Garlic mash	2 ppl	3 ppl	4 ppl	
Potatoes	600	900	1200	Grams
Butter 4*	30	50	50	Grams
Garlic cloves	2	3	4	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Seabream				
Seabream 6*	330	525	660	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Tomato salsa				
Fresh parsley	15	15	15	Grams
Golden raisins 14*	30	45	60	Grams
Cherry tomatoes	150	250	300	Grams
Capers	20	30	40	Grams
Walnuts 1*, 2*	30	45	60	Grams
Lemon	1	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

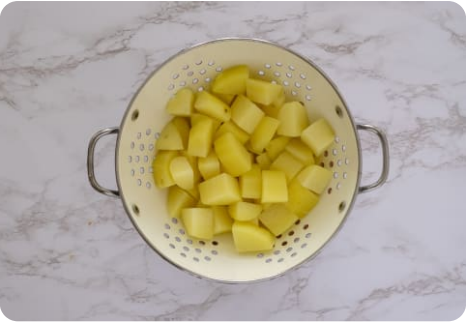
Allergens

*4 Milk, *6 Fish, *14 Sulphur Dioxide, *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)	2757 / 661
Fat (g)	25.6
of which saturates (g)	10.2
Carbohydrate (g)	65
of which sugars (g)	16.4
Fiber (g)	13.3
Protein (g)	51.5
Salt (g)	3.2

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



1 Boil potatoes

Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 20 min or until soft. Drain and allow to steam dry for 5 min in a colander.



2 Make salsa

Meanwhile, chop the **parsley, raisins, tomatoes, capers** and **walnuts** as finely as possible. Add the lot to a bowl with a squeeze of **lemon** juice and a drizzle of **olive oil**. Season with **salt** and **pepper** and set aside. Chop the rest of the **lemon** into wedges.



3 Make garlic butter

Peel and mince the **garlic**. Heat a large pot over a medium-low heat with the **butter** and **garlic**. Once melted, cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Set aside and keep warm.

Tip! Use the pot you boiled the potatoes in to save on washing up.



4 Make mash

Once the **potatoes** have steam dried, add them to the pan with the **garlic butter**. Mash until smooth and season with **salt** and **pepper**. Keep warm.



5 Fry seabream

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **vegetable 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.



6 Serve

Serve the **Seabream** on a bed of **Garlic Mash** with **Tomato Salsa** and **lemon** wedges to the side.