



Cooking Made Easy

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Pan Seared Sea Bass with New Potatoes & Cucumber-Dill Salad

When asked what she wanted to talk about in this little blurb, Chef Rachel suggested we create a pickle related tongue twister to go with the deliciously fresh cucumber relish for tonight's seabass. Since we couldn't think of one we're having a competition for you to do it instead! The best tongue twister, said 5 times in a row on video and posted to our Facebook page wins a prize!



30 min



seafood first



gluten free



lactose free



Cucumber



Red Onion



New Potatoes



White Wine Vinegar



Sea Bass Fillets




Dill




Baby Gem Lettuce

Ingredients

	2P	4P
Cucumber, peeled	½	1
Red Onion, sliced	2 tbsp	4 tbsp
New Potatoes, quartered	2 cups	4 cups
White Wine Vinegar 1	1 tbsp	2 tbsp
Sea Bass Fillets 2	2	4
Dill, chopped	2 tbsp	4 tbsp
Baby Gem Lettuce	1	2

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | 2) Fish

Nutrition per serving: Calories: 437 kcal | Protein: 54 g | Carbs: 38 g | Fat: 6 g | Saturated Fat: 2 g



1

1 Peel the outside green part of the cucumber and discard. Peel strips of the cucumber lengthways all the way round (you won't need the squidgy seeds in the middle). Peel and very thinly slice the red onion (you want this as thin as your knife skills allow).



2

2 Mix the cucumber and onion slices with ½ tbsp of fine salt and leave in a colander for 10 mins.



5

3 Put a large pot of water on to boil with ¼ tsp of salt. Wash the new potatoes and cut into quarters. Cook in the boiling water for 10-15 mins or until just tender.

4 Squeeze the moisture out of the cucumber and onion (preferably between a few sheets of kitchen towel). Then rinse under cold running water. Mix the vinegar in a bowl with some sugar (if you have some) until dissolved. Add ¾ of the dressing (keep the rest for later) to the cucumber and onion mixture. Put in the fridge until needed.



6

5 Heat a large pan with ½ tbsp of oil over a medium-high heat. When hot, add the fish skin side down and season the flesh side

with salt and pepper. Cook for 3-4 mins then turn over and turn off the heat, letting the residual heat from the pan cook the other side.

6 Finely chop 2 tbsp of dill and mix through the cucumber salad at the last moment. Taste for seasoning and add more salt or pepper as needed.

7 Pick the leaves from the baby gem and toss in a drizzle of olive oil, a small pinch of salt and pepper and the remaining dressing. Toss the potatoes in a drizzle of olive oil and another pinch of salt and pepper if needed. Serve the new potatoes topped with the seared sea bass and a generous helping of the cucumber salad and the baby gem leaves.