



Cooking Made Easy

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Pan-Fried Sea Bass with Cherry Tomato Caponata

We love the instant gratification of food. The best things in life often take a long time to create, but a great recipe is the perfect antidote to long term graft. One minute it's a picture and a few lines of text on a recipe card, 30 minutes later it's sitting on a plate in front of you and 35 minutes later it's gone! This one is definitely best enjoyed with a glass of something cold out in the fresh air.



30 min



healthy



lactose
free



seafood
first



gluten
free



Onion



Garlic Clove



New Potatoes



Cherry Tomatoes



Flat Leaf Parsley



Capers





Sea Bass Fillet



Vinegar

Ingredients

	2P	4P
Onion, sliced	1	2
Garlic Clove, chopped	2	4
New Potatoes, halved	1 pack	2 packs
Cherry Tomatoes, halved	1 punnet	2 punnets
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Lilliput Capers	1 tbsp	2 tbsp
White Wine Vinegar 1	1 tbsp	2 tbsp
Sea Bass Fillet 2	2	4

-  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: 302 kcal | Protein: 28 g | Carbs: 38 g | Fat: 3 g | Saturated Fat: 1 g



1 Peel and slice your onion in half lengthways through the root. Turn the onion widthways and slice it very, very thinly into half moon shapes. Peel and finely chop the garlic. Chop the new potatoes in half. Chop the cherry tomatoes in half and very, very finely chop the parsley.



2 Add 1 tbsp of olive oil to a pan on medium heat. Add the onion and garlic with ¼ tsp of salt and gently cook for 10 mins. We don't want to colour the onions so if they begin to brown off then add 1 tbsp of water and turn the heat down a little bit. Bear in mind that after 10 mins you'll be adding the cherry tomatoes.



3 Meanwhile, on medium-high heat, boil a medium-sized pot of water big enough for your new potatoes with ¼ tsp of salt.



4 Boil the new potatoes for around 12-15 mins. To test them for 'done-ness' stick a knife in them: if it goes through easily and the potato drops off the knife then they are ready. When they are cooked drain them and keep to the side.

5 When the onions and garlic have been cooking for 10 mins, add the cherry tomatoes to the pan together with the capers and keep cooking for another 10 mins. The mixture should start to bubble and the tomatoes will soften up.

6 Heat 1 tbsp of olive oil in a non-stick frying pan on medium-high heat. Once the oil is very hot sprinkle a little salt on both sides of the sea bass and lay it gently in the pan skin side down. Cook it for 3 mins on the skin side without touching it. Now gently turn it over and cook for another 2 mins, before removing from the heat.

7 Add the vinegar and ½ tsp of sugar (if you have some) to the cherry tomato mixture. Stir and cook for 3 mins before removing from the heat. Stir through 2 tbsps of the parsley.

8 Serve everything together with a sprinkle of parsley on top and get stuck in!