



Cajun Crumbed Sea Bass & Paprika Potatoes with Smoky Mayo and Broccoli

6

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Smoked Paprika



Panko Breadcrumbs



Cajun Spice Mix



Grated Hard Italian Style Cheese



Sea Bass Fillets



Mayonnaise



Broccoli

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, baking paper, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	1 sachet
Panko Breadcrumbs 13)	25g	35g	50g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Sea Bass Fillets** 4)	2	3	4
Mayonnaise 8) 9)	64g	96g	128g
Broccoli**	1	1	2
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2432 /581	447 /107
Fat (g)	25.5	4.7
Sat. Fat (g)	5.4	1.0
Carbohydrate (g)	57.4	10.5
Sugars (g)	5.6	1.0
Protein (g)	32.1	5.9
Salt (g)	1.48	0.27

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle on **half** the **smoked paprika**.

Toss to coat, then spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 25-35 mins. Turn halfway through.



Mix the Smoky Mayo

While everything bakes, in another small bowl, mix together the **mayonnaise**, remaining **smoked paprika** and the **water for the mayo** (see pantry for amount).

Season with **salt** and **pepper**, then set your **smoky mayo** aside.



Make the Cajun Crumb

In a small bowl, mix together the **panko breadcrumbs**, **Cajun spice mix** (add less if you'd prefer things milder), **grated hard Italian style cheese** and **olive oil for the crumb** (see pantry for amount).

Season with **salt** and **pepper**, then set aside.



Broccoli Time

Bring a large saucepan of **water** with ½ **tsp salt** to the boil. Cut the **broccoli** into florets (like small trees), halving any large ones.

When the **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



Bake your Sea Bass

Lay the **sea bass fillets**, skin-side down, onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Divide the **Cajun crumb mix** between your **fillets** and press down firmly.

Bake on the top shelf of the oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve

When everything's ready, serve the **sea bass** with the **paprika potatoes** and **broccoli** alongside.

Drizzle over some **smoky mayo** and serve the rest alongside for dipping.

Enjoy!