



# Pan-Fried Sea Bass and Walnut Parsley Pesto with Roast Potatoes and Tomato Rocket Salad

6

Classic Air Fryer Friendly 35-40 Minutes • 1 of your 5 a day



Potatoes



Walnuts



Flat Leaf Parsley



Grated Hard Italian Style Cheese



Red Wine Vinegar



Baby Plum Tomatoes



Sea Bass Fillets



Wild Rocket

**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, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Walnuts <b>2)</b>	20g	40g	40g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Red Wine Vinegar <b>14)</b>	12g	12g	24g
Baby Plum Tomatoes	125g	190g	250g
Sea Bass Fillets** <b>4)</b>	2	3	4
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Pesto*	3 tbsp	5 tbsp	6 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2499/597	562/134
Fat (g)	34.2	7.7
Sat. Fat (g)	6.9	1.6
Carbohydrate (g)	48.1	10.8
Sugars (g)	4.5	1.0
Protein (g)	26.8	6.0
Salt (g)	0.5	0.11

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

## Allergens

**2)** Nuts **4)** Fish **7)** Milk **8)** Egg **14)** Sulphites

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, cereals containing 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 toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

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



## Season the Sea Bass

Pat the **sea bass** dry with kitchen paper, then season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



## Hey Pesto

Meanwhile, finely chop the **walnuts** and **parsley** (stalks and all). Transfer to a small bowl.

Mix in the **hard Italian style cheese** and **olive oil for the pesto** (see pantry for amount), then season with **salt** and **pepper**.

Stir well to combine, then set your **walnut parsley pesto** aside. **TIP:** Add a little more olive oil if you'd prefer it to be more like a drizzle.



## Time to Fry

When the **potatoes** have 5 mins left, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** The fish is cooked when opaque in the middle.

Once cooked, remove from the heat.



## Prep your Salad

In a medium bowl, combine the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together.

Halve the **tomatoes**, then add them to the **dressing**. Stir together, then set aside - you'll add the **rocket** later.



## Finish and Serve

When everything's ready, add the **rocket** to the bowl of **tomatoes** and toss together.

Serve the **sea bass** with the **roast potatoes** and **salad** alongside.

Spoon your **walnut parsley pesto** over the **fish** to finish.

**Enjoy!**

## Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Prep, **oil** and season the **potato chunks**.
2. Once hot, add them to the basket. Bake until golden, 20-25 mins. Shake and turn halfway through.