



# Zesty Crumbed Sea Bass and Lemon Aioli with Paprika Chips and Garlicky Green Beans

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

8



Potatoes



Smoked Paprika



Garlic Clove



Green Beans



Lemon



Breadcrumbs



Dried Oregano



Sea Bass Fillets



Mayonnaise

**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, aluminium foil, fine grater, bowl, kitchen paper, baking paper, garlic press, frying pan, lid and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Lemon**	1	1½	2
Breadcrumbs <b>13)</b>	25g	35g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Sea Bass Fillets** <b>4)</b>	2	3	4
Mayonnaise <b>8) 9)</b>	64g	96g	128g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Crumb*	1½ tbsp	2½ tbsp	3 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	2367/566	468/112
Fat (g)	24.1	4.8
Sat. Fat (g)	3.8	0.7
Carbohydrate (g)	67.2	13.3
Sugars (g)	7.4	1.5
Protein (g)	25.1	5.0
Salt (g)	1.19	0.24

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

## Allergens

**4)** Fish **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, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika**, 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, bake on the middle shelf until golden, 30-35 mins.



## 4 Bring on the Beans

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Season with **salt** and **pepper**, then remove from the heat and cover to keep warm.

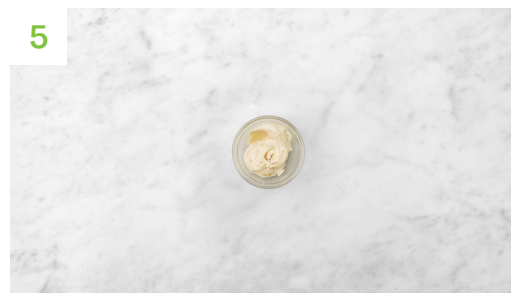


## 2 Do the Prep

Meanwhile, pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Trim the **green beans**. Zest and cut the **lemon** into wedges.

In a small bowl, combine the **breadcrumbs**, **dried oregano**, **lemon zest** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.



## 5 Make your Lemon Aioli

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In another small bowl, combine the remaining **mayonnaise** with the **roasted garlic** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.



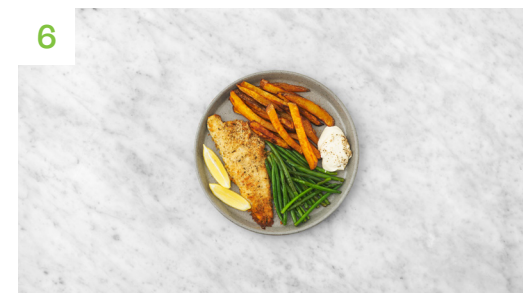
## 3 Bake the Sea Bass

Pat the **sea bass** dry with kitchen paper and lay the **fillets**, skin-side down, onto a lined large baking tray. Season with **salt** and **pepper**.

Spread **half** the **mayonnaise** over the top of the **fish** and top with the **zesty breadcrumb mixture**. Press it down with a spoon.

When the **chips** are halfway through cooking, turn them.

At the same time, add the **garlic parcel** to the **sea bass** tray and bake on the top shelf until the **crumbs** are 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.



## 6 Serve Up

Share the **sea bass**, **paprika chips** and **green beans** between your plates.

Serve the **lemon aioli** on the side for dipping and the remaining **lemon wedges** alongside for squeezing over.

Enjoy!