



# Pan-Fried Sea Bass on Creamy Pesto Pasta with Green Beans and Cheese

Classic 30-35 Minutes

15



Garlic Clove



Green Beans



Spaghetti



Sea Bass Fillets



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Fresh Pesto

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, garlic press, colander and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Spaghetti <b>13</b>	180g	270g	360g
Sea Bass Fillets** <b>4</b>	2	3	4
Creme Fraiche** <b>7</b>	75g	120g	150g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Fresh Pesto** <b>7</b>	32g	48g	64g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	120ml	150ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3048 /728	924 /221
Fat (g)	31.8	9.6
Sat. Fat (g)	12.9	3.9
Carbohydrate (g)	72.7	22.0
Sugars (g)	5.9	1.8
Protein (g)	35.3	10.7
Salt (g)	1.82	0.55

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

## Allergens

**4)** Fish **7)** Milk **8)** Egg **10)** Celery **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

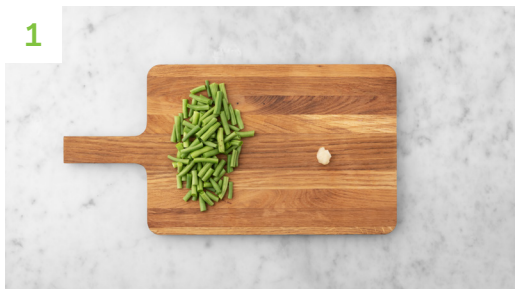
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## Get Started

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **spaghetti**.

In the meantime, peel and grate the **garlic** (or use a garlic press). Trim and halve the **green beans**.



## Simmer your Sauce

Meanwhile, clean out the (now empty) **pasta** saucepan and pop it back on medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and fry for 1 min.

Stir in the **creme fraiche**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer gently until slightly thickened, 2-3 mins.



## Cook the Pasta

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Halfway through cooking, add the **green beans** to the pan and cook for the remaining time.

Once cooked, pour into a colander and leave to drain in the sink. Drizzle with **oil** and stir through to stop the **pasta** sticking together.



## Hey Pesto

Once the **sauce** has thickened, stir in the **hard Italian style cheese** and remove from the heat.

Stir the **pesto**, **cooked spaghetti** and **beans** into the **sauce** and warm through until piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is little too thick.

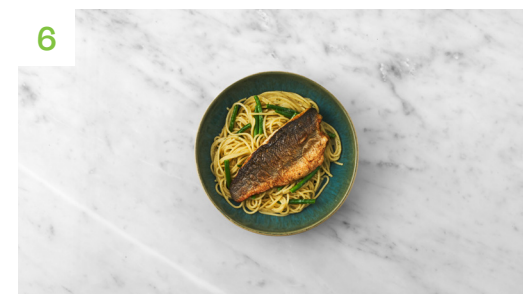


## Fish to Fry

Once the **spaghetti** is cooked, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **fish** with **salt** and **pepper**.

Once hot, carefully place your **sea bass** into the pan, skin-side down. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Serve Up

When everything's ready, share the **pesto spaghetti** between your bowls.

Lay the **sea bass fish** on top, skin-side up, to finish.

## Enjoy!