



Lemon and Herb Sea Bass

with Bulgur, Charred Courgette and Herby Dressing

Family 40-45 Minutes • 2 of your 5 a day

41



Echalion Shallot



Lemon



Courgette



Medium Tomato



Flat Leaf Parsley



Sea Bass Fillets



Vegetable Stock Paste



Bulgur Wheat



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Olive Oil

↔ Swap to Salmon Fillets

If you chose to swap to salmon fillets, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Fine grater, bowl, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Lemon**	½	¾	1
Courgette**	1	2	2
Medium Tomato	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Sea Bass Fillets** 4)	2	3	4
Vegetable Stock Paste	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Salmon Fillets** 4)	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Bulgur*	220ml	330ml	440ml
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	542g	100g	552g	100g
Energy (kJ/kcal)	2140 /511	395 /94	2459 /588	446 /106
Fat (g)	21.0	3.9	28.4	5.1
Sat. Fat (g)	3.9	0.7	4.8	0.9
Carbohydrate (g)	58.8	10.8	58.9	10.7
Sugars (g)	10.6	2.0	10.7	1.9
Protein (g)	26.5	4.9	30.5	5.5
Salt (g)	1.27	0.23	1.30	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 13) Cereals containing gluten

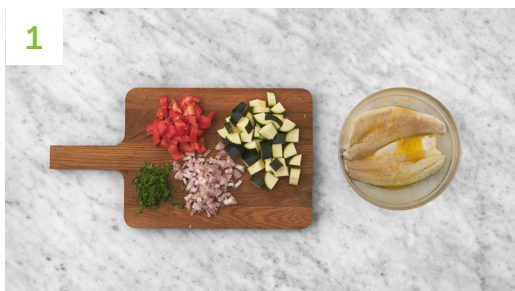
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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1 Marinate the Sea Bass

Halve, peel and chop the **shallot** into small pieces. Zest and halve the **lemon** (see ingredients for amount).

Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm chunks. Cut the **tomatoes** into 1cm chunks. Roughly chop the **parsley** (stalks and all).

Pop the **lemon zest** into a large bowl with the **olive oil for the marinade** (see pantry for amount) and season with **salt** and **pepper**. Mix together.

Add the **sea bass** to the bowl of **marinade** and turn to coat, then set aside. **IMPORTANT:** Wash your hands

↔ Swap to Salmon Fillets

Prep the **salmon** in the same way then pan-fry, 4-5 mins, skin-side down. Turn and cook the remaining three sides, 2-3 mins each.



4 Mix the Herby Dressing

While the **courgette** chars, pop the **olive oil for the dressing** (see pantry for amount) into a small bowl with a squeeze of **lemon juice** and **half** the **parsley**.

Season with **salt** and **pepper**, mix well and set your **dressing** aside.



2 Cook the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **shallot** and cook, stirring occasionally, until soft, 3-4 mins.

Pour in the **water for the bulgur wheat** (see pantry for amount), then stir in the **veg stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.

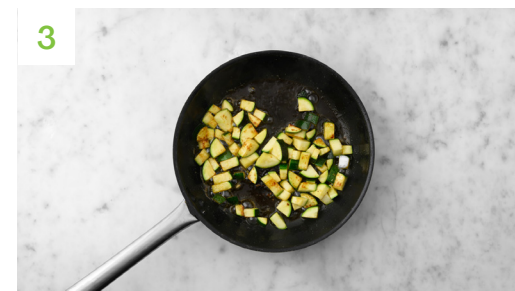


5 Fish to Fry

Pop your (now empty) frying pan on medium-high heat.

Once hot, carefully place your **marinated sea bass** into the pan, skin-side down, and spoon over the remaining **oil** from the bowl.

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.



3 Get Charring

Once the **bulgur** has been set aside, heat a drizzle of **oil** in a large frying pan on medium-high heat.

When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



6 Finish and Serve

When everything's ready, fluff up the **bulgur** with a fork and stir through the **tomatoes**, **charred courgette**, remaining **parsley** and a squeeze of **lemon juice**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.

Share the **bulgur** between your plates, then top with the **crispy sea bass**.

Drizzle over the **herby dressing** to finish.

Enjoy!