



Crispy Skinned Sea Bass

with Herby Relish, Honeyed Carrots and Roast Potatoes

28

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Carrot



Potatoes



Mixed Herbs



Garlic Clove



Flat Leaf Parsley



Dijon Mustard



Red Wine Vinegar



Green Beans



Sea Bass Fillets



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey, Mayonnaise

↔ 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

Baking tray, aluminium foil, bowl, frying pan, lid, kitchen paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Carrot**	2	3	4
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	1½	2
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Dijon Mustard 9) 14)	10g	15g	20g
Red Wine Vinegar 14)	12ml	18ml	24ml
Green Beans**	150g	200g	300g
Sea Bass Fillets** 4)	2	3	4
Salmon Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Olive Oil for the Relish*	2 tbsp	3 tbsp	4 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	549g	100g	559g	100g
Energy (kJ/kcal)	2509 / 600	457 / 109	2829 / 676	506 / 121
Fat (g)	28.1	5.1	35.5	6.3
Sat. Fat (g)	4.2	0.8	5.1	0.9
Carbohydrate (g)	63.1	11.5	63.2	11.3
Sugars (g)	17.0	3.1	17.1	3.1
Protein (g)	24.1	4.4	28.1	5.0
Salt (g)	0.80	0.15	0.82	0.15

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

Allergens

4) Fish 9) Mustard 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, 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.

You can recycle me!

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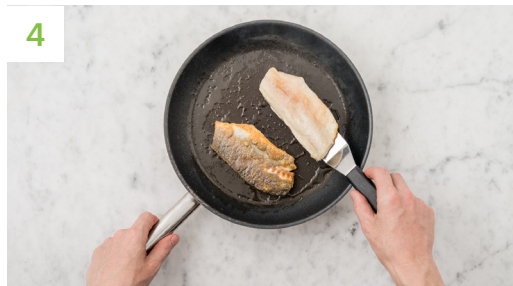
Start the Prep

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Chop the **potatoes** into 2cm chunks. Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, 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 middle shelf until golden, 30-40 mins. Turn halfway through.



Fish to Fry

About 6 mins before the **potatoes** are cooked, wipe out your (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Pat the **sea bass** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place your **fish** 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: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.**

↔ Swap to Salmon Fillets

Cook the **salmon**, 4-5 mins, skin-side down. Turn and cook the other three sides, 2-3 mins each.



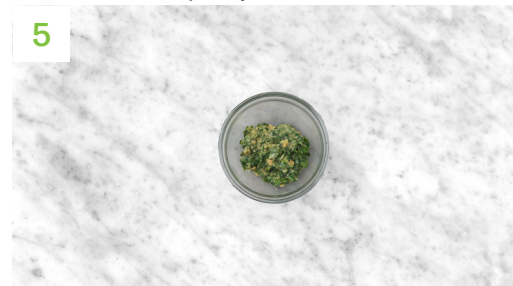
Get Roasting

Pop the **carrots** onto another large baking tray. Drizzle with **oil**, season, then toss to coat. Spread out in a single layer. Roast on the top shelf until tender, 20-25 mins. Turn halfway through.

Pop the **garlic** (unpeeled) into a piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast until soft, 10-12 mins.

Chop the **parsley** (stalks and all) as finely as you can.

In a small bowl, mix together the **parsley**, **mustard**, **red wine vinegar**, a pinch of **sugar** and the **olive oil for the relish** (see pantry for amount). Set aside.



Finishing Touches

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

Once the **carrots** are baked, drizzle the **honey** (see pantry for amount) over them. Toss to coat.

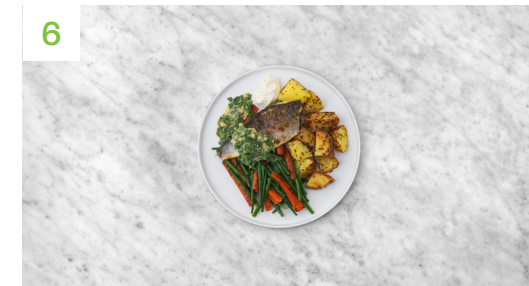


Bring on the Beans

Meanwhile, trim the **green beans**. 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, 3-4 mins. Season with **salt** and **pepper**. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Transfer to a bowl and cover with foil to keep warm.



Finish and Serve

When everything's ready, plate up your **sea bass**.

Serve the **beans** and **roasted veg** alongside with the **mayo** (see pantry for amount) for dipping.

Drizzle the **herby relish** over the **fish** to finish.

Enjoy!