



Cheesy Crusted Sea Bass

with Roasted Potatoes, Honey Mustard Carrots and Parsnips

41

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



Potatoes



Carrot



Parsnip



Garlic Clove



Breadcrumbs



Mixed Herbs



Grated Hard Italian Style Cheese



Honey



Wholegrain Mustard



Sea Bass Fillets



Mayonnaise



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

Baking tray, aluminium foil, bowl, kitchen paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	2	3	4
Parsnip**	1	2	2
Garlic Clove**	1	2	2
Breadcrumbs 13	25g	35g	50g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Honey	15g	30g	30g
Wholegrain Mustard 9	10g	10g	20g
Sea Bass Fillets** 4	2	3	4
Mayonnaise 8 9	64g	96g	128g
Salmon Fillets** 4	200g	300g	400g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	½ tbsp	1 tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	638g	100g	648g	100g
Energy (kJ/kcal)	3149 / 753	493 / 118	3468 / 829	535 / 128
Fat (g)	31.1	4.9	38.4	5.9
Sat. Fat (g)	6.9	1.1	7.9	1.2
Carbohydrate (g)	83.7	13.1	83.8	12.9
Sugars (g)	20.1	3.2	20.2	3.1
Protein (g)	34.9	5.5	38.9	6.0
Salt (g)	1.66	0.26	1.68	0.26

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

Allergens

4) Fish **7)** Milk **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, 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.

Contact

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1 Prep 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 the **potatoes** 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.



4 Bake your Fish

When the **carrots** and **parsnips** have 10 mins remaining, remove the tray from the oven. Drizzle over the **honey** and **wholegrain mustard**. Toss to coat.

Pat the **sea bass** with kitchen paper to remove any excess moisture, then lay, skin-side down, alongside the **carrots**. Season with **salt** and **pepper**.

Spread **half** the **mayonnaise** over the top of the **fish** and top with the **cheesy crumb**. Press it down with a spoon.

Return to the oven and bake until 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.

↔ Swap to Salmon Fillets

Prep the **salmon** in the same way. When the **potatoes** have 15 mins remaining, bake the **salmon** alongside.



2 Add the Carrots

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

Pop the **carrots** and **parsnips** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf of your oven until tender, 20-25 mins. Turn halfway through.



5 Make the Garlic Mayo

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

Add to a small bowl with the remaining **mayonnaise** and season with **salt** and **pepper**. Mix well.

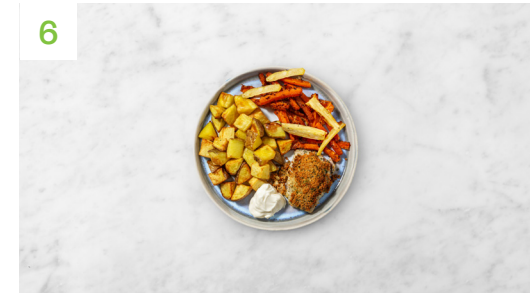


3 Mix the Cheesy Crumb

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

Pop the **garlic parcel** into the oven and roast until soft, 10-12 mins.

In a small bowl, combine the **breadcrumbs**, **mixed herbs**, **hard Italian style cheese** and **olive oil for the crumb** (see pantry for amount).



6 Serve Up

When everything's ready, serve the **sea bass** on your plates with the **roasted potatoes**, **honey mustard carrots** and **parsnips** alongside.

Serve with the **garlic mayo** for dipping.

Enjoy!