



Asian Sea Bass

with Tomato Concasse and Crispy Potatoes



HELLO GINGER

Ginger is widely cultivated around the world but unknown in the wild.



Garlic Clove



Ginger



Onion



New Potatoes



Coriander



Vine Tomato



Sea Bass Fillet



Lime



Fish Sauce

35 mins

1.5 of your 5 a day

Concasse is quite a cheffy word, isn't it? Nothing to be scared of though. It just means 'dice'! Popping your tomatoes in boiling water to loosen the skins is a good trick to learn. It helps them come off in super speedy fashion. We've added some Asian flavours for a zingy twist on a French classic.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C** and put a **Large Saucepan** of water on to boil for the tomato. Make sure you've also got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Sieve** and two **Frying Pans**. Now, let's get cooking!



1 PREP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Peel the **ginger** with the edge of a teaspoon and grate it too. Halve, peel and finely chop the **onion**. Cut the **new potatoes** in half. Roughly chop the **coriander** (stalks and all).



2 ROAST THE POTATOES

Put the **potatoes** on a baking tray and drizzle over some **olive oil**. Season with **salt** and **black pepper** and toss to coat. Pop on the top shelf of your oven. Roast until crispy, 25 mins. **★ TIP:** *Shake the baking tray halfway through so they cook evenly.*



3 SKIN THE TOMATO

Pop the **tomato** in your pan of boiling water for 1 minute then drain in a sieve and run under cold water. Peel the skin from the **tomato** - the dip in the boiling water should make this easy. Chop into ½cm cubes. This is a **concasse!**



4 START THE SAUCE

Put a splash of **olive oil** in a frying pan on medium-low heat. Add the **onion**. Cook until soft, 5 mins. Add the **garlic**. Cook for 1 minute more. Add the **tomato**, turn the heat to low and let it simmer very gently for 15 mins. **★ TIP:** *If it starts to dry out, add a splash of water.*



5 COOK THE FISH

Put a splash of **oil** in another frying pan, this time on medium-high heat. Season the **sea bass** on both sides with **salt** and **black pepper** and place it in the pan, skin-side down. Cook until the skin has crisped up, 2 mins. Turn carefully and cook the other side, 3 mins. Add a knob of **butter** (if you have some) and a squeeze of **lime juice** to the pan then remove from the heat. **★ TIP:** *The fish is cooked when the centre is opaque.*



6 FINISH AND SERVE

Add the **ginger**, **fish sauce** and half the **coriander** to the **tomato concasse**. **★ TIP:** *Add the fish sauce bit by bit to taste as it's quite strong. Serve your sea bass fillets with some **crispy potatoes** on the side and a generous amount of **tomato concasse** spooned over the top. Finish with a sprinkle of the remaining **coriander**. **Enjoy!***

2 PEOPLE INGREDIENTS

Garlic Clove, grated	2
Ginger, grated	½ knob
Onion, chopped	½
New Potatoes, halved	1 pack
Coriander, chopped	½ bunch
Vine Tomato, chopped	2
Sea Bass Fillet ⁴⁾	2
Lime	½
Fish Sauce ⁴⁾	1 tbsp

^{*}Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	344	74
(kJ)	1456	311
Fat (g)	9	2
Sat. Fat (g)	2	0
Carbohydrate (g)	36	8
Sugars (g)	10	2
Protein (g)	33	7
Salt (g)	2.11	0.45

ALLERGENS

⁴⁾Fish

Fish Sauce Ingredients: Anchovies Extract (**Fish**) (Water, Anchovy (**Fish**)), Salt, Sugar.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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