



Cajun Crumbed Sea Bass & Paprika Potatoes

with Paprika Mayo and Garlic Broccoli

28

Calorie Smart Eat Me First • 35-40 Minutes • Medium Spice • Under 650 Calories



Potatoes



Smoked Paprika



Panko Breadcrumbs



Cajun Spice Mix



Grated Hard Italian Style Cheese



Sea Bass Fillets



Mayonnaise



Broccoli



Garlic Clove

Pantry Items
Oil, Salt, Pepper, Olive Oil

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, bowl, baking paper, garlic press, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	1 sachet
Panko Breadcrumbs 13	25g	35g	50g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7 8	25g	40g	50g
Sea Bass Fillets** 4	2	3	4
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Broccoli**	1	1	2
Garlic Clove**	2	3	4
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	547g 2467 /590	100g 451 /108
Fat (g)	26.2	4.8
Sat. Fat (g)	5.8	1.1
Carbohydrate (g)	57.4	10.5
Sugars (g)	5.7	1.0
Protein (g)	32.8	6.0
Salt (g)	1.25	0.23

*Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.*

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, milk, egg, mustard, celery, soya, 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.

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Roast 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 them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle on **half** the **smoked paprika**.

Toss to coat, then 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, 25-35 mins. Turn halfway through.



Mix the Paprika Mayo

While everything bakes, in a small bowl, mix together the **mayonnaise**, remaining **smoked paprika** and **water for the mayo** (see pantry for amount).

Season with **salt** and **pepper**, then set your **paprika mayo** aside.



Make the Cajun Crumb

In a small bowl, mix together the **panko breadcrumbs**, **Cajun spice mix** (add less if you'd prefer things milder), **grated hard Italian style cheese** and **olive oil for the crumb** (see pantry for amount).

Season with **salt** and **pepper**, then set aside.



Bake your Sea Bass

Lay the **sea bass fillets**, skin-side down, onto a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Divide the **Cajun crumb mix** between your **fillets** and press down firmly.

Bake on the top shelf of the oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Garlic Broccoli Time

Cut the **broccoli** into florets (like small trees), halving any large ones. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **broccoli** and stir-fry for 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 4-5 mins.



Serve

When everything is ready, serve the **sea bass** with the **paprika potatoes** and **garlic broccoli** alongside.

Drizzle over some **paprika mayo** and serve the rest alongside for dipping.

Enjoy!

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