



Cajun Sea Bass

with Herby Mash, Garlicky Green Beans and Tenderstem® Broccoli

Classic Eat Me First • 20 Minutes • Medium Spice • 1 of your 5 a day

4



-  Potatoes
-  Flat Leaf Parsley
-  Green Beans
-  Garlic Clove
-  Lemon
-  Cajun Spice
-  Sea Bass Fillets
-  Tenderstem® Broccoli

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Zester, Bowl, Baking Tray, Frying Pan, Wooden Spoon, Potato Masher, Colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	80g	150g	150g
Garlic Clove	1	1	2
Lemon**	½	¾	1
Cajun Spice	1 sachet	1 sachet	2 sachets
Sea Bass Fillets 4)**	2	3	4
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Tenderstem® Broccoli**	80g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	434g	100g
Energy (kJ/kcal)	1689 /404	389 /93
Fat (g)	15	4
Sat. Fat (g)	3	1
Carbohydrate (g)	43	10
Sugars (g)	3	1
Protein (g)	24	5
Salt (g)	0.40	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Boil your Spuds

a) Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**.

b) Chop the **potatoes** into 2cm chunks (no need to peel).

c) When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Dressing

a) Put the remaining **Cajun spice** into a small bowl (add less if you don't like too much heat).

b) Add the **lemon zest**, then squeeze in some of the **juice**.

c) Season with **salt** and then mix in **half** the **parsley** and the **olive oil** (see ingredients for amount).

d) Add more **lemon juice** to taste.



Prep the Veg

a) Meanwhile, roughly chop the **parsley** (stalks and all).

b) Trim the **green beans**.

c) Peel and grate the **garlic** (or use a garlic press).

d) Zest and halve the **lemon**.



Cook

a) Line a baking tray with foil.

b) Pop the **sea bass** (skin-side up) on the lined baking tray and cook under the grill until the centre is opaque and the skin is crispy, 5-6 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*

c) Meanwhile, heat a splash of **oil** in a frying pan over medium-high heat.

d) Add the **green beans** and **Tenderstem®**, stir-fry for 2-3 mins then add the **garlic** and a splash of **water**.

e) Cover with a lid and cook until the **beans** are tender, 2-3 mins.



Marinate the Sea Bass

a) Sprinkle **half** of the **Cajun spice** onto the **sea bass**.

b) Season with **salt** and **pepper** and drizzle with **oil**.

c) Rub the **flavourings** into the **fish**. **IMPORTANT:** *Wash your hands after handling raw fish.*

d) Preheat your grill to medium-high.



Finish and Serve

a) Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat.

b) Mash the **potatoes**, adding a splash of **milk** and some **butter** if you have it.

c) Mix in the remaining **parsley** and season with **salt** and **pepper**.

d) Share between your bowls, top with the **beans** and **broccoli** then the **sea bass**.

e) Finish with the spicy drizzle.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.