



# Cajun Sea Bass

with Herby Mash, Garlicky Green Beans and Tenderstem®

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, Lid, Colander, Potato Masher.

## 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
Tenderstem®			
Broccoli**	80g	150g	150g
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	434g	100g
Energy (kJ/kcal)	1767 /422	407 /97
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	43	10
Sugars (g)	4	1
Protein (g)	25	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

Thumbs up or thumbs down?

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## Boil the Potatoes

**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 the **olive oil** (see ingredients for amount) and **half the parsley**.

**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. 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.**

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

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

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



## Season 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**. 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.