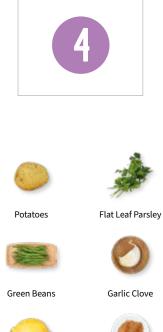


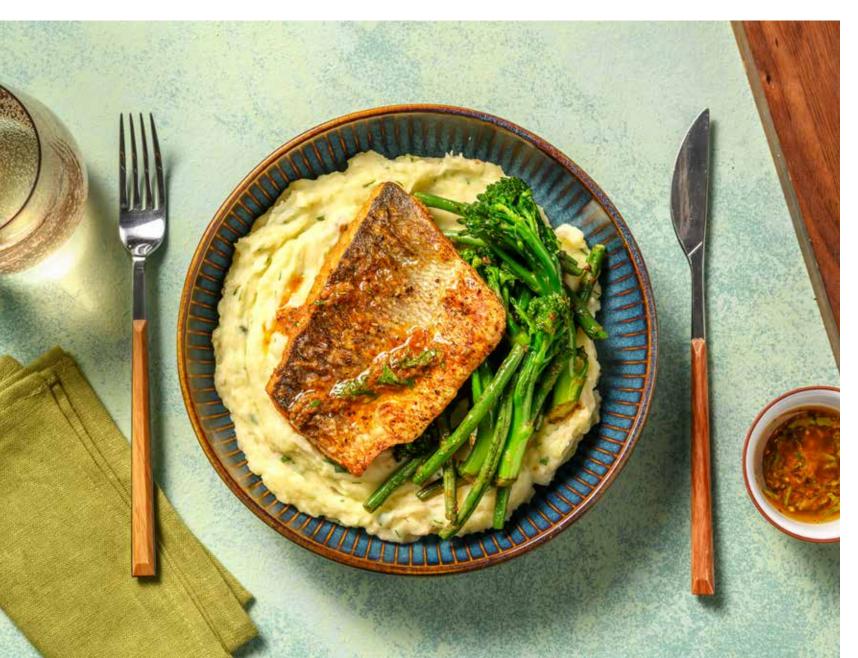
# Cajun Sea Bass

with Herby Mash, Garlicky Green Beans and Tenderstem®



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









Lemon



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**	1/2	3/4	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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#### HelloFresh UK

Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ
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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.



# 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**.



## 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.



# 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.



#### 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®, stirfry 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.



## 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.