



Cajun Spiced Bass

with Sweet Potato and Cavolo Nero Mash and a Chive Dressing

Nº 24

Calorie Smart **Eat Me First** 35 Minutes • Very Hot • Under 600 Calories • 1 of your 5 a day



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Sea Bass Fillets



Cajun Spice



Cavolo Nero

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Zester, Bowl, Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Sweet Potato**	1	1	2
Garlic Clove	1	2	2
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Cajun Spice	1 sachet	1 sachet	2 sachets
Sea Bass Fillets 4)**	2	3	4
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Cavolo Nero**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100 g
Energy (kJ/kcal)	2258 /540	487 /117
Fat (g)	22	5
Sat. Fat (g)	4	1
Carbohydrate (g)	64	14
Sugars (g)	11	2
Protein (g)	24	5
Salt (g)	0.50	0.11

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, Soy, Gluten & Sulphites.

Contact

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Cook the Greens

Heat a drizzle of **oil** in a frying pan on medium heat. Stir-fry the **cavolo nero** until softened, 4-5 mins. **TIP:** Add a splash of water and cover with a lid if necessary to help it along. When softened, add the **garlic** and cook for 1 minute more. Season with **salt** and **pepper** to taste. Transfer to a large bowl and cover with foil to keep warm. Wipe the frying pan clean with some kitchen paper, we'll use it to fry the **fish**.



Prep the Veggies

Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and finely chop the **chives**. **TIP:** You can snip the chives with scissors if it's easier.



Fry the Fish

Heat your (now empty) frying pan on medium-high heat (no oil). Add the **sea bass** to the pan skin-side down and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP:** Don't move the fish while it's cooking skin-side down or you won't get a crispy skin. **IMPORTANT:** The fish is cooked when opaque in the middle.



Marinate the Fish

Drizzle the **bass** with the **olive oil** for the marinade (see ingredients for amount). Season with **salt** and **half** the **Cajun spice** (don't use all of it). Rub this onto both sides of the **fish**. **IMPORTANT:** Wash your hands and equipment after handling raw fish. In a small bowl, mix the remaining **Cajun spice** with **half** the **chives**, a pinch of **lemon zest**, a squeeze of **lemon juice** and the **olive oil** for the dressing (see ingredients for amount). Season with **salt** and keep to one side.



Mash the Potato

When the **potatoes** are cooked, add them to your bowl of **greens** and mash roughly with a **potato masher** (or a fork). It won't be smooth but it will be delicious - we call this a '**smash**'. Mix in a knob of **butter** (if you want things extra delicious) and the remaining **chives**. Season to taste with **salt** and **pepper**. Serve your **smash** on plates topped with the **fish** and a drizzle of **dressing**.

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.