



Cajun Spiced Bass and Chive Dressing with Sweet Potato & Cavolo Nero Mash

4

Classic Eat Me First • 35 Minutes • Very Hot • 1 of your 5 a day



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Chopped Cavolo Nero



Sea Bass Fillets



Cajun Spice Mix

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, zester, 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
Chopped Cavolo Nero**	100g	150g	200g
Sea Bass Fillets** 4)	2	3	4
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Cajun Spice Mix	1 pot	1 pot	2 pots
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	2173 /519	475 /113
Fat (g)	22	5
Sat. Fat (g)	4	1
Carbohydrate (g)	53	12
Sugars (g)	10	2
Protein (g)	24	5
Salt (g)	0.57	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Potatoes

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



Prep the Veggies

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Finely chop the **chives** (use scissors if easier). **TIP:** Discard any tough stalks from the cavolo nero.



Marinate the Fish

Drizzle the **sea bass** with the **olive oil for the marinade** (see ingredients for amount). Season with **salt** and **half** the **Cajun spice mix**. Rub this onto both sides of the **fish**. In a small bowl, mix the remaining **Cajun spice mix** 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 set the **chive dressing** to one side. **IMPORTANT:** Wash your hands after handling raw fish.



Cook the Cavolo Nero

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins. Remove the lid, add the **garlic** and stir-fry for 1 min more. Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm. Wipe the frying pan clean with some kitchen paper - we'll use it to fry the **fish**.



Fry the Fish

Put your (now empty) frying pan on medium-high heat (no oil). When hot, 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.



Finish and Serve

When the **potatoes** are cooked, add them to your bowl of **cavolo nero** and roughly mash. Mix in a knob of **butter** (if you have any) and the remaining **chives**. Season to taste with **salt** and **pepper**. Serve your **mash** on your plates topped with the **fish** and a drizzle of the **chive dressing**.

Enjoy!