



Crispy Sea Bass on Fresh Tagliatelle

with Creamy Tomato & Tarragon Sauce and Pea Shoot Salad

Premium 20 Minutes • 1 of your 5 a day

30



Baby Plum Tomatoes



Lemon



Tarragon



Creme Fraiche



Vegetable Stock Paste



Sea Bass Fillets



Fresh Tagliatelle



Pea Shoots

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, fine grater, frying pan, baking tray and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Lemon**	1	1	1
Tarragon**	1 bunch	1 bunch	1 bunch
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Sea Bass Fillets** 4)	2	3	4
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Pea Shoots**	40g	40g	80g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	2425 /580	597 /143
Fat (g)	37.2	9.2
Sat. Fat (g)	13.6	3.4
Carbohydrate (g)	42.1	10.4
Sugars (g)	6.7	1.6
Protein (g)	27.4	6.8
Salt (g)	1.26	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

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

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Get Prepped

- Preheat your grill to high. Bring a medium saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.
- Halve the **baby plum tomatoes**.
- Zest and halve the **lemon**. Squeeze the **lemon juice** into a medium bowl and add the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**, mix together, then set aside.
- Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



Grill the Fish

- Meanwhile, pop the **sea bass** onto a lightly oiled baking tray, skin-side up. Drizzle with **oil** and season with **salt**.
- Grill until the **fish** is cooked through and the skin is crispy, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



Bring on the Tomatoes

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **tomatoes** and cook, stirring frequently, until softened, 2-3 mins.



Cook the Pasta

- While the **fish** grills, add the **pasta** to the pan of **boiling water** and bring back to the boil. Simmer until tender, 3-4 mins.
- Once cooked, drain in a colander and pop into the pan with the **creamy sauce**, then toss to coat.
- Season to taste with **salt** and **pepper**.



Make your Creamy Sauce

- Once the **tomatoes** have softened, stir in the **crema fraiche**, **lemon zest**, **tarragon**, **vegetable stock paste** and **water for the sauce** (see ingredients for amount).
- Bring to the boil, then turn the heat down and simmer until thickened, 3-4 mins.
- Once thickened, remove from the heat.



Finish and Serve

- When ready, add the **pea shoots** to the **dressing** bowl and toss to coat.
- Add a splash of **water** to your **creamy tomato pasta** if it's a little thick, then share between your plates.
- Top with the **sea bass** and serve the **pea shoot salad** alongside.

Enjoy!