



Crispy Skinned Sea Bass

with Salsa Verde, Green Beans and Roast Potatoes

28

Calorie Smart Eat Me First • 30-35 Minutes • Under 650 Calories



Potatoes



Garlic Clove



Black Olives



Flat Leaf Parsley



Lemon



Green Beans



Sea Bass Fillets

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

Baking tray, aluminium foil, frying pan, lid and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1½	2
Black Olives**	30g	60g	60g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Green Beans**	150g	200g	300g
Sea Bass Fillets**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	1831 /438	414 /99
Fat (g)	19.1	4.3
Sat. Fat (g)	3.8	0.9
Carbohydrate (g)	43.1	9.8
Sugars (g)	4.5	1.0
Protein (g)	23.1	5.2
Salt (g)	0.70	0.16

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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.

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Roast the Potatoes

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm chunks. 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, 25-35 mins. Turn halfway through.



Bring on the Beans

Trim the **green beans**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 3-4 mins. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **beans** are tender, 4-5 mins. Transfer to a plate and cover with foil to keep warm.



Get Prepped

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add it to your **potato** baking tray and roast until soft, 10-12 mins, then carefully remove.

Chop the **olives** into the smallest pieces as you can. Finely chop the **parsley** (stalks and all). Halve the **lemon**.



Fry the Fish

About 6 mins before the **potatoes** are cooked, wipe out your (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**. Season the **fish** with **salt** and **pepper**.

Once hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get *crispy skin on the fish*, don't move it around when it's cooking skin-side down.

IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when *opaque in the middle*.



Make the Salsa Verde

Mix the **chopped parsley** with the **chopped olives**, **half** the **lemon juice** and the **olive oil for the salsa** (see ingredients for both amounts) in a small bowl. Set your **salsa verde** aside.



Time to Serve

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add to the **salsa verde** and mix together.

Serve the **sea bass** on plates with the **beans** and **crispy potatoes** alongside. Drizzle your **salsa verde** on top.

Serve with any remaining **lemon** chopped into **wedges** for squeezing over.

Enjoy!