

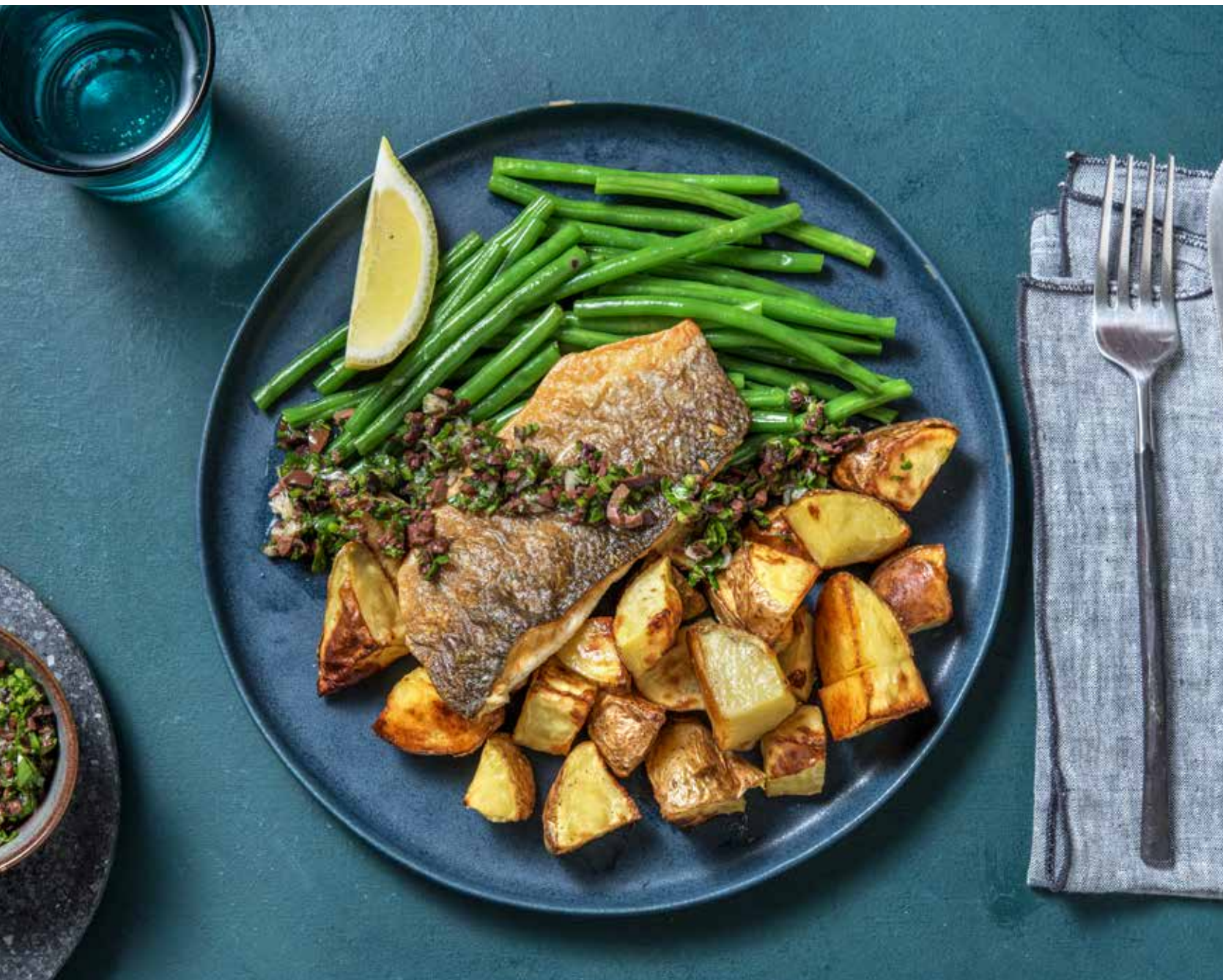


Crispy Skinned Sea Bass and Salsa Verde

with Green Beans and Potatoes

CLASSIC 30 Minutes • 1 of your 5 a day

N° 4



Potato



Garlic Clove



Olives



Flat Leaf Parsley



Lemon



Green Beans



Sea Bass

Before you start

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

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Olives**	1 pack	2 packs	2 packs
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Green Beans**	1 small pack	1 large pack	2 small packs
Sea Bass 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	1897 / 454	421 / 101
Fat (g)	21	5
Sat. Fat (g)	4	1
Carbohydrate (g)	42	9
Sugars (g)	3	1
Protein (g)	23	5
Salt (g)	0.71	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Pop the Pots

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks. Pop them on a baking tray and drizzle with **oil**, season with **salt** and **pepper** and toss to coat then spread them into a single layer well spaced apart. Put them on the top shelf of your oven and roast them until golden, 25-30 mins. Turn halfway through cooking.



2. Prep

Meanwhile, peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil**, scrunch to enclose it. Add it to your **potato** baking tray and roast until soft, 10-12 mins, then carefully remove. Chop the **olives** as small as you can. Chop the **parsley** (stalks and all) as finely as you can. Halve the **lemon**.



3. Make the Salsa

Mix the chopped **parsley** with the **chopped olives**, **half the lemon juice** and the **olive oil** (see ingredients for amounts) in a small bowl. Stir it together thoroughly and leave to the side. **TIP:** A fork works well for this!



4. Fry the Beans

Trim the **green beans**. Heat a drizzle of **oil** in a large frying pan. Add the **green beans** to the frying pan and stir-fry until slightly charred, 3-4 mins. Add a splash of **water**, cover with a lid or some tin foil and steam fry until tender, 2-3 mins. Transfer to a plate and cover with foil to keep warm.



5. Fry the Fish

About 6 mins before the **potatoes** are cooked, wipe out your frying pan and pop on medium-high heat. Add a drizzle of **oil** and once hot, lay in the **sea bass** skin side down, season with **salt** and **pepper** 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.



6. Time to Serve

Carefully remove your **garlic** from its **parcel** and mash with a fork. Add to the **olive salsa** 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!

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.