



# Grilled Sea Bass

With Creamy Tomato Pasta

**EXTRA RAPID** 10 Minutes • 1.5 of your 5 a day

N° 22



Baby Plum Tomatoes



Lemon



Tarragon



Sea Bass Fillets



Crème Fraîche



Vegetable Stock Powder



Fresh Tagliatelle



Pea Shoots

## Before you start

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

### Basic cooking tools, you will need:

Frying Pan, Baking Tray, Measuring Jug and Saucepan.

### Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	1	1	1
Tarragon**	1 bunch	1 bunch	1 bunch
Sea Bass Fillets 4)**	2	3	4
Crème Fraîche 7)**	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Pea Shoots**	1 bag	1 bag	2 bags
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	2425 /580	550 /132
Fat (g)	37	8
Sat. Fat (g)	14	3
Carbohydrate (g)	43	10
Sugars (g)	7	2
Protein (g)	27	6
Salt (g)	1.01	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten

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, Soya, Gluten & Sulphites.

### Contact

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## 1. Get Going

- Fill and boil your kettle for the pasta.
- Turn your grill on to high.
- Halve the **baby plum tomatoes**.
- Halve the **lemon**
- Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

## 2. Cook

- Heat a drizzle of **oil** in a large frying pan on a medium high heat.
- When hot, add the halved **tomatoes** and cook, stirring frequently until softened, 2-3 mins.
- Meanwhile, pop the **sea bass** on a lightly oiled baking tray skin-side up, drizzle on **oil** and season with **salt**, grill on the top shelf until cooked through and the skin is crispy, 5-6 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.
- Once the **tomatoes** have softened, add the **crème fraîche**, **tarragon**, **stock powder** and **water** (see ingredients for amount) to the pan.
- Bring to the boil, turn the heat down and simmer until thickened, 3-4 mins.

## 3. Finish

- In the meantime, pour the boiling **water** into a saucepan on high heat. Add the **pasta** and ½ tsp of **salt** and simmer until tender, 3-4 mins.
- Drain in a colander and pop into the pan with the **creamy sauce**. Season the **sauce** to taste with **salt** and **pepper**.
- Pop the **pea shoots** into a small bowl with **half the lemon juice**, a pinch of **salt** and **pepper** and **oil** (see ingredients for amount). Mix to dress
- Share the **pasta** between your bowls.
- Top with the **sea bass** and serve the **salad** along side.

## Enjoy!