



# Grilled Sea Bass

with Creamy Tomato Pasta and Pea Shoot Salad

Premium 20 Minutes • Under 600 calories • 2 of your 5 a day

N° 28



Baby Plum Tomatoes



Lemon



Tarragon



Creme Fraiche



Vegetable Stock Paste



Sea Bass Fillets



Fresh Tagliatelle



Pea Shoots

## Before you start

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

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Bowl, Frying Pan, Baking Tray and Colander.

## Ingredients

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

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	2407 /575	577 /138
Fat (g)	37	9
Sat. Fat (g)	14	3
Carbohydrate (g)	42	10
Sugars (g)	7	2
Protein (g)	27	7
Salt (g)	1.26	0.30

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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## Get Prepped

a) Bring a medium saucepan of **water** to the boil with ½ tsp of **salt** for the **pasta**.

b) Turn your grill on to high.

c) Halve the **baby plum tomatoes**.

d) Zest and halve the **lemon**, squeeze the **lemon juice** into a medium bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together, set aside.

e) Pick the **tarragon** leaves from their stalks and roughly chop (discard the stalks).



## Cook the Fish

a) Meanwhile, pop the **sea bass** onto a baking tray lined with foil, skin-side up, drizzle on **oil** and season with **salt**. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*

b) Grill on the top shelf of your oven until cooked through and the skin is crispy, 5-6 mins. **IMPORTANT:** *The fish is cooked when it is opaque in the middle.*



## Cook the Tomatoes

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) When hot, add the halved **tomatoes** and cook, stirring frequently until softened, 2-3 mins.



## Cook the Pasta

a) When the **water** is boiling, add the **pasta** and simmer until tender, 3-4 mins.

b) Drain in a colander and pop into the pan with the **creamy sauce**. Season the **sauce** to taste with **salt** and **pepper**.



## Finish the Sauce

a) Once the **tomatoes** have softened, add the **crema fraiche**, **tarragon**, **vegetable stock paste** and **water** (see ingredients for amount) to the pan.

b) Bring to the boil, turn the heat down and simmer until thickened, 3-4 mins.

c) Once thickened, remove the pan from the heat.



## Finish and Serve

a) Add the **pea shoots** to the bowl with the **dressing** and toss to coat.

b) Add a splash of **water** to your **sauce** if it needs loosening up, then share the **pasta** between your bowls.

c) Top with the **sea bass** and serve the **pea shoot salad** alongside.

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.