






More Than Food
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Herby Sea Bass with Salsa Verde

Oh salsa verde, you cheeky little green sauce that makes eyes widen with joy, jaws drop with disbelief and forks fall to the floor (in slow motion). You may be green and mistaken for a pesto of kinds, but a pesto you are not! You're your own sauce through and through. Stay who you are salsa verde, HelloFresh loves you.



30 mins



gluten free



lactose free



healthy



New Potatoes
(1 pack)



Garlic Clove
(1)



Green Olives
(3 tbsp)



Flat Leaf
Parsley (3 tbsp)



Lemon
($\frac{1}{2}$)



Green Beans
(1 pack)



Sea Bass
Fillet (2)

Ingredients

2 PEOPLE ALLERGENS

New Potatoes, halved	1 pack	
Garlic Clove, chopped	1	
Green Olives, chopped	3 tbsp	
Flat Leaf Parsley, chopped	3 tbsp	
Lemon	½	
Green Beans	1 pack	
Sea Bass Fillet	2	Fish

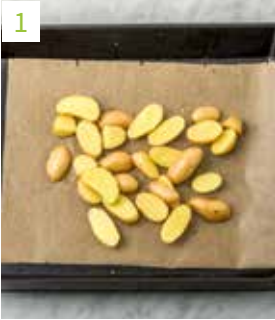
 Our fruit and veggies may need a little wash before cooking!

Did you know...

Salsa verde is a classic green sauce with a deep green piquant quality.

Nutrition per serving: Calories: 379 kcal | Protein: 34 g | Carbs: 38 g | Fat: 12 g | Saturated Fat: 2 g

1



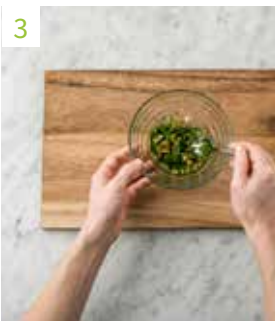
1 Pre-heat your oven to 200 degrees. Chop the **potatoes** in half (or quarters if they're very big!). Pop them on a baking tray and drizzle over 1 tbsp of **oil**, ¼ tsp of **salt** and a good grind of **black pepper** and put them on the top shelf of your oven to cook for 30 mins or until they are crispy and brown.

2



2 Peel and finely chop the **garlic** and chop the **olives** up into very small pieces (¼cm if you can manage it!). Finely chop the **parsley**.

3



3 Mix your chopped **parsley** with your chopped **olives**, **garlic**, ½ tbsp of **lemon** juice and 2 tbsp of **olive oil**. Whisk it together thoroughly and leave to the side. **Tip:** *A fork works well for this!*

5



4 Bring a pot of water to the boil with ¼ tsp of **salt**. Cut the very top and bottoms from the **green beans**. **Tip:** *This is called 'top and tailing!'. Add them to the boiling water and cook for 3 mins, then drain and run cold water through them to stop them cooking anymore.*

5 About 6 mins before the **potatoes** are cooked, add 1 tbsp of **oil** to a frying pan on medium heat. Season the **sea bass** with ¼ tsp of **salt** and a good grind of **black pepper**, once the pan is hot add the **sea bass** skin-side down. Cook for 3 mins on one side before turning over to cook for 2 mins on the other side. Then remove the **sea bass** from the pan to the plates you will serve them on and squeeze ½ tbsp of **lemon** juice over each fillet.

6 Add your drained **green beans** to the frying pan (no need to wash!) and stir-fry for a couple of mins before serving on the plates with your **sea bass** crispy **potatoes**, and your salsa verde on top ... enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!