



Korma Baked Sea Bass and Chips with Fragrant Peas and Mango Chutney

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

6



Potatoes



Coriander



Garlic Clove



Echalion Shallot



Korma Style Paste



Sea Bass Fillets



Peas



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Butter, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, kitchen paper, baking paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Echalion Shallot**	1	1½	2
Korma Style Paste 9)	50g	75g	100g
Sea Bass Fillets** 4)	2	3	4
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Mayonnaise*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	2675 /639	557 /133
Fat (g)	32.5	6.8
Sat. Fat (g)	8.8	1.8
Carbohydrate (g)	62.2	13.0
Sugars (g)	19.5	4.1
Protein (g)	26.3	5.5
Salt (g)	2.48	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 9) Mustard

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.

Contact

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60 Worship St, London EC2A 2EZ

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Make the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** 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, 25-30 mins. Turn halfway through.



Cook the Peas

When the **chips** have 5 mins of cooking time left, melt the **butter** (see pantry for amount) in a small frying pan on medium-high heat.

Stir in the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min more, then add the **peas**.

Stir-fry until piping hot, 2-3 mins. Season to taste with **salt** and **pepper**.



Marinate the Sea Bass

Meanwhile, roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces.

Add the **korma style paste** into a medium bowl and season with **salt** and **pepper**.

Pat the **sea bass** with kitchen paper to remove any excess moisture, then add to the bowl. Use your hands to coat the **fish** well.



Mango Chutney Mayo Time

Meanwhile, in a small bowl, mix together the **mango chutney** and **mayonnaise** (see pantry for amount).

When the **peas** are cooked, add **half** the **coriander** to the pan and stir through until wilted.



Bake your Fish

Lay the **korma sea bass fillets** onto a lined baking tray, skin-side down.

Once the **chips** have been in the oven for 15 mins, pop the tray onto the middle shelf and bake until the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve

When everything's ready, plate up the **korma sea bass** with the **chips** and **peas** alongside.

Finish with a dollop of **mango chutney mayo** and a sprinkle of the remaining **coriander** over the top.

Enjoy!