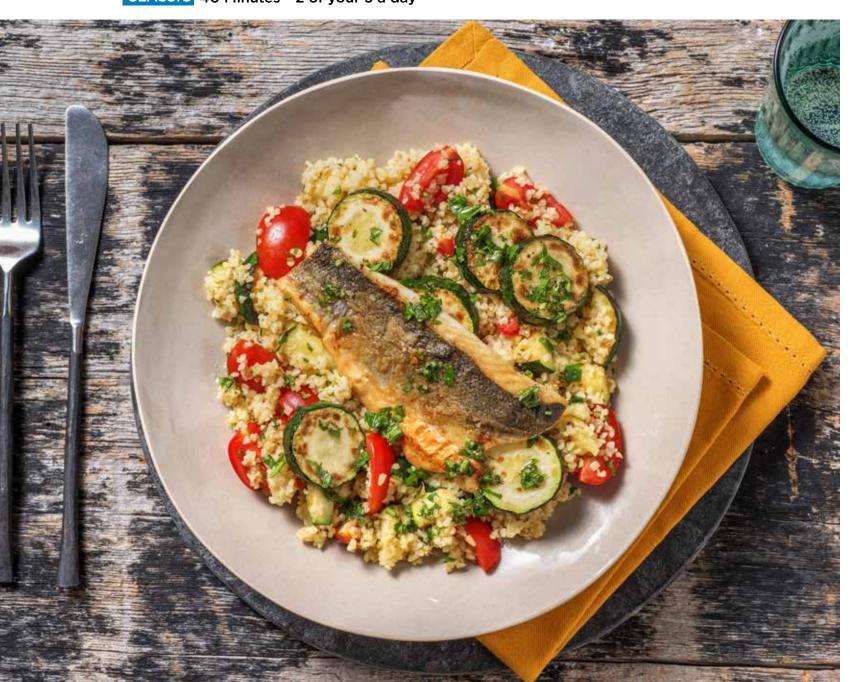


# **Lemony Herby Sea Bass**



with Bulgur, Charred Courgettes and Lemony Dressing

**CLASSIC** 40 Minutes • 2 of your 5 a day







**Echalion Shallot** 









Courgette

Baby Plum Tomatoes





Sea Bass Fillets

Flat Leaf Parsley



Vegetable Stock Powder

**Bulgur Wheat** 

# Before you start

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

## Basic cooking tools, you will need:

Mixing Bowl, Saucepan, Measuring Jug and Frying Pan.

## **Ingredients**

			:
	2P	3P	4P
Echalion Shallot**	1	1	2
Lemon**	1/2	3/4	1
Courgette**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Oil for the Fish Marinade*	1 tbsp	1½ tbsp	2 tbsp
Sea Bass Fillets 4)**	2	3	4
Water for the Bulgur Wheat*	240ml	360ml	480ml
Vegetable Stock Powder <b>10</b> )	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
*Not Included ** Store in the Fridge			

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2000 /478	504/120
Fat (g)	14	4
Sat. Fat (g)	3	1
Carbohydrate (g)	56	14
Sugars (g)	11	3
Protein (g)	28	7
Salt (g)	0.96	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

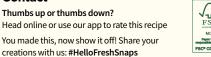
4) Fish 10) Celery 13) Gluten

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. Prep Time!

Halve, peel and chop the **shallot** into small pieces. Zest and halve the lemon. Trim the courgette then slice into rounds about 1cm thick. Quarter the tomatoes. Roughly chop the parsley (stalks and all). Pop the **lemon zest** into a large bowl with the olive oil (see ingredients for amount) and season with salt and pepper. Mix, then add the sea bass and coat in the lemony oil. Set aside. **IMPORTANT:** Wash your hands after handling raw fish.



## 2. Cook the Bulgur

Heat a drizzle of oil in a medium saucepan on medium heat. Add the **shallot** and cook, stirring occasionally, until soft, 4-5 mins. Pour the water for the **bulgur wheat** (see ingredients for amount) into the saucepan with the shallot and bring to the boil. Stir in the **stock powder** and **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 3. Cook the Courgette

While the **bulgur** is soaking up the **stock**, pop a frying pan on medium high heat (no oil!). Lay the courgettes in the pan in a single layer, season with a pinch of salt and black pepper and cook them until charred, 3-4 mins on each side. Remove the courgettes from the pan and pop them in a bowl. Chop half the charred courgettes into small pieces. Cover with foil but don't wash up the pan! **TIP:** If your pan is small, you may need to do this in batches.



# 4. Make the Dressing

While the courgette is cooking, pop the olive oil for the dressing (see ingredients for amount) into a small bowl with a squeeze of lemon juice and half the parsley. Season with salt and pepper, mix well and set aside.



## 5. Frv the Fish

Pop your frying pan back on medium high heat and, once hot, lay in the fish skin side down. Spoon any remaining **lemon mixture** over the **fish**. 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. Finish and Serve

When the bulgur has soaked up all the stock, fluff it up with a fork and stir through the tomatoes, chopped courgette, remaining parsley, and a small squeeze of **lemon juice**. Taste and season with salt and pepper add more lemon juice if you like things zesty. Spoon onto plates and top with the charred courgette slices and sea bass. Drizzle over the dressing.

## **Eniov!**

## 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.