



Lemony Herby Sea Bass

with Bulgur, Charred Courgettes and Lemony Dressing

CLASSIC 40 Minutes • 2 of your 5 a day



Echalion Shallot



Lemon



Courgette



Baby Plum Tomatoes



Flat Leaf Parsley



Sea Bass Fillets



Vegetable Stock Powder



Bulgur Wheat

Before you start

Our fruit, veggies and herbs need a wash before you 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**	½	¾	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 10)	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.



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.



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.



5. Fry 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.



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.



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**.

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.