



Pan-Fried Sea Bass and Leek Risotto with Tomato Salsa

Classic Eat Me First • 35 Minutes • 1 of your 5 a day

6



Leek



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Spring Onion



Lemon



Baby Plum Tomatoes



Sea Bass Fillets



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools

Kettle, garlic press, ovenproof pan, saucepan, lid, zester, bowl and frying pan.

Ingredients

	2P	3P	4P
Leek**	1	2	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Water for the Risotto*	450ml	675ml	900ml
Vegetable Stock Paste 10)	15g	20g	30g
Spring Onion**	1	2	2
Lemon**	½	1	1
Baby Plum Tomatoes	125g	250g	250g
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	2 tbsp
Sea Bass Fillets** 4)	2	3	4
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2691 /643	667 /159
Fat (g)	22	5
Sat. Fat (g)	7	2
Carbohydrate (g)	77	19
Sugars (g)	6	1
Protein (g)	33	8
Salt (g)	2.12	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery

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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Get Prepped

Preheat your oven to 200°C. Fill and boil your kettle. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Peel and grate the **garlic** (or use a garlic press).



Make the Salsa

Meanwhile, trim and thinly slice the **spring onion**. Zest and halve the **lemon**. Quarter the **baby plum tomatoes**. Pour the **olive oil for the salsa** (see ingredients for amount) into a medium bowl. Squeeze in some **lemon juice** and season with **salt, pepper** and a pinch of **sugar**. Mix to combine. Add the **tomatoes** and **spring onion** to the bowl, stir together, then set aside. Chop any remaining **lemon** into **wedges**.



Start Cooking

Heat a drizzle of **oil** in an ovenproof pan on medium heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). Once hot, add the **leek** and season with **salt** and **pepper**. Cook until softened, 4-6 mins, stirring occasionally. Stir in the **garlic** and cook for 1 min.



Fish to Fry

When the **risotto** is almost done, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **fish** with **salt** and **pepper**. Once hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down. IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.**



Bake the Risotto

Stir the **risotto rice** into the pan and cook until the edges of the **rice** are translucent, 1-2 mins. Add the **boiled water for the risotto** (see ingredients for amount) and **veg stock paste**. Stir well to combine. Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Finish and Serve

When the **risotto** is cooked, remove it from the oven and mix in the **lemon zest, hard Italian style cheese** and a knob of **butter** (if you have any). Taste and season with **salt, pepper** and **lemon juice** if needed. **TIP: Add a splash of water if it's a little dry.** Divide the **risotto** between your bowls and top with the **sea bass** and **tomato salsa**. Serve with the **lemon wedges** for squeezing over.

Enjoy!