



Pan-Fried Sea Bass and Zhoug Bulgur

with Charred Pepper and Baby Plum Tomatoes

28

Calorie Smart 25-30 Minutes • 1 of your 5 a day • Under 650 Calories



Green Pepper



Vegetable Stock Paste



Bulgur Wheat



Baby Plum Tomatoes



Sea Bass Fillets



Zhoug Style Paste

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Baking tray, measuring jug, saucepan, lid, bowl and frying pan.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Baby Plum Tomatoes	190g	250g	250g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sea Bass Fillets** 4)	2	3	4
Zhoug Style Paste	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	364g	100g
Energy (kJ/kcal)	2292 /548	630 /151
Fat (g)	26	7
Sat. Fat (g)	4	1
Carbohydrate (g)	54	15
Sugars (g)	7	2
Protein (g)	25	7
Salt (g)	1.76	0.48

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

4) Fish 10) Celery 13) Cereals containing gluten

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.

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Roast the Peppers

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **pepper** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Fish to Fry

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.



Cook the Bulgur

While the **pepper** roasts, pour the **water for the bulgur wheat** (see ingredients for amount) and **veg stock paste** into a large saucepan and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Mix It Up

Once the **bulgur** is cooked, stir through the **roasted peppers** and **half the baby plum tomatoes**. Add the **zhoug style paste** and mix together until well combined. Taste and season with **salt** and **pepper** if needed.



Finish the Prep

Quarter the **baby plum tomatoes** and pop into a medium bowl. Add the **olive oil for the dressing** (see ingredients for amount), season with **salt** and **pepper**, then mix to combine.



Serve

Divide the **bulgur** between your plates. Top with the **sea bass**, skin-side up, and the remaining **tomatoes**.

Enjoy!

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