







More Than Food  
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## Pan-Fried Sea Bass with Butternut Squash Wedges and Garlicky Bacon Kalettes

Introducing our veggie of the month: kalettes! These cute little green bunches are a combination of kale and brussels sprouts. Could you think of a more nutritious veggie? Kalettes make a great replacement for the more traditional brussels sprout. We think you may find them so enjoyable that they find a spot on your Christmas table (in place of the sprouts that is!).

 40 mins

 1.5 of your 5 a day

 mealkit



Butternut Squash  
(1)



Kalettes  
(120g)



Garlic Clove  
(1)



Streaky Bacon Rashers  
(3)




Sea Bass Fillet  
(2)

## 2 PEOPLE INGREDIENTS

- Butternut Squash, sliced
- Kalettes, halved
- Garlic Clove, grated

**1**  
**120g**  
**1**

- Streaky Bacon Rashers **3**
- Sea Bass Fillet **2**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Garlic was used as an antiseptic against gangrene during the First World War.

**Allergens:** Fish.

### Nutrition as per prepared and listed ingredients

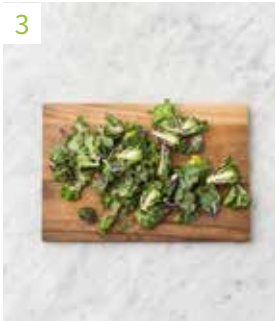
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	227 kcal / 958 kJ	8 g	3 g	15 g	8 g	26 g	1 g
<b>Per 100g</b>	69 kcal / 291 kJ	3 g	1 g	5 g	2 g	8 g	0 g

**1**



**1** Preheat your oven to 220 degrees. Cut the **butternut squash** in half lengthways (no need to peel) and use a spoon to scoop out the seeds. Slice each half into **wedges** as thick as your thumb. Put your **wedges** on a large baking tray and toss in a good splash of **olive oil**, a tiny pinch of **salt** and a good grind of **black pepper**. Pop on the top shelf of your oven for 35 mins, turning halfway, until nicely golden on the outside.

**3**



**2** Meanwhile, remove any tough bottom from the root end of the **kalettes** (just like you would with brussels sprouts!) and then cut your **kalettes** in half. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **bacon** into cubes. Rub a pinch of salt into the skin of each **sea bass** fillet.

**5**



**3** Heat a splash of oil in a large frying pan over a medium-high heat. Add your **bacon** and cook for 3-4 mins until golden brown and starting to crisp. Add your **kalettes** and cook for a further 4 mins and then stir in your **garlic**. Cook for 30 seconds, then remove from the heat. Transfer to a plate and cover with tinfoil to keep warm. Keep to one side and wipe out your frying pan with kitchen paper.

**8**



**4** About 6 mins before your **wedges** are ready you can get cracking with the **sea bass**! Heat a splash of **oil** in your frying pan over high heat. Add the **sea bass**, skin-side down and cook for 3 mins without moving it, then turn and cook for a further 2-3 mins. **Tip:** *By using a good splash of oil and not moving your fish in the pan, it prevents it from sticking to the pan!* Your **sea bass** is cooked when it is no longer translucent.

**5** Serve your **pan-fried sea bass**, **butternut squash wedges** and **garlicky, bacon kalettes** on a plate and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!