












# Pan-Seared Sea Bass and Warm Tomato Salsa with Rosemary Potatoes and Pesto Pea Shoot Salad

28

Calorie Smart Eat Me First • 35-40 Minutes • Under 650 Calories



-  Potatoes
-  Dried Rosemary
-  Lemon
-  Medium Tomato
-  Garlic Clove
-  Sea Bass Fillets
-  Pea Shoots
-  Pesto Dressing
-  Walnuts

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, fine grater, garlic press, frying pan, aluminium foil and bowl.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Medium Tomato	1	2	2
Garlic Clove**	1	1	2
Sea Bass Fillets** (4)	2	3	4
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots**	40g	60g	80g
Pesto Dressing (7)	1 sachet	1½ sachets	2 sachets
Walnuts (2)	20g	40g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	1922 /459	452 /108
Fat (g)	21.9	5.1
Sat. Fat (g)	3.8	0.9
Carbohydrate (g)	43.8	10.3
Sugars (g)	4.2	1.0
Protein (g)	24.0	5.6
Salt (g)	0.56	0.13

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

## Allergens

2) Nuts 4) Fish 7) Milk

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 Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray.

Drizzle with **oil**, sprinkle with the **dried rosemary** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Make the Tomato Salsa

Wipe out your (now empty) frying pan and pop on medium heat with the **olive oil for the salsa** (see ingredients for amount).

Once the **oil** is hot, add the **tomato** and cook until just warmed through, 1-2 mins.

Gently stir in the **garlic** and **lemon zest** and cook until fragrant, 30 secs. Squeeze in some **lemon juice** and season with **salt** and **pepper**.

Taste and add more **salt**, **pepper** and **lemon** if needed, then remove from the heat.

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## Prep the Veg

Meanwhile, zest and halve the **lemon**. Chop the **tomato** into small 1cm pieces.

Peel and grate the **garlic** (or use a garlic press).



## Dress the Salad

Pop the **pea shoots** into a bowl with the **pesto dressing** and toss to coat.



## Fry the Sea Bass

When the **potatoes** have 10 mins of cooking time left, 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.

When cooked, transfer to a plate to rest and cover with foil to keep warm. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



## Serve

When everything is ready, transfer the **sea bass** to your plates and spoon over the **warm tomato salsa**.

Serve with the **rosemary potatoes** and **pesto salad** alongside. Scatter the **walnuts** over the **salad** to finish.

Enjoy!