



# Pesto Crusted Sea Bass

with Mash, Roasted Tenderstem® and Butter Sauce

28

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



-  Potatoes
-  Tenderstem® Broccoli
-  Echalion Shallot
-  Garlic Clove
-  Panko Breadcrumbs
-  Fresh Pesto
-  Sea Bass Fillets
-  Cider Vinegar
-  Vegetable Stock Paste
-  Unsalted Butter

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

Saucepan, garlic press, baking tray, bowl, baking paper, frying pan and colander.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Tenderstem® Broccoli**	150g	200g	200g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	25g	35g	50g
Fresh Pesto** 7)	32g	50g	64g
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Sea Bass Fillets** 4)	2	3	4
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Unsalted Butter** 7)	30g	40g	60g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	2637 /630	552 /132
Fat (g)	33.0	6.9
Sat. Fat (g)	12.5	2.6
Carbohydrate (g)	54.9	11.5
Sugars (g)	5.1	1.1
Protein (g)	26.7	5.6
Salt (g)	1.63	0.34

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

## Allergens

4) Fish 7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

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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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Halve any large **broccoli stems** lengthways. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## Bake the Sea Bass

Lay the **sea bass**, skin-side down, onto a lined baking tray. Spoon the **pesto crumb** evenly over the **fish**, pressing it down with the back of the spoon.

Pop the **broccoli** on the top shelf and the **sea bass** on the middle shelf of your oven to roast until the **broccoli** is tender and the **fish** is cooked through, 12-15 mins. **IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.**

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## Boil the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, pop the **broccoli** on a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside for now.



## Bring on the Butter Sauce

Heat a drizzle of **oil** in a medium frying pan on medium heat. Once hot, add the **shallot** and stir-fry until softened, 3-4 mins.

Stir in the **garlic** and cook for 1 min. Add the **cider vinegar** and allow it to evaporate, 1-2 mins.

Pour in the **water for the sauce** (see ingredients for amount) and **vegetable stock paste**, then bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter** until melted, then take off the heat.



## Make the Pesto Crumb

Meanwhile, pop the **breadcrumbs**, **pesto** and **olive oil for the crumb** (see ingredients for amount) into a small bowl and mix together.



## Finish and Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.

Serve the **fish** with the **mash** and **roasted broccoli** alongside, then spoon over the **sauce**.

Enjoy!