



Sea Bass in Lemon, Garlic and Chive Butter with Roast Potatoes and Broccoli

28

Calorie Smart Eat Me First • 35-45 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Lemon



Broccoli



Chives



Garlic Clove



Sea Bass Fillets

Pantry Items
Butter

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 and frying pan.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Garlic Clove**	1	2	2
Broccoli**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	1903/455	365/87
Fat (g)	18	3.5
Sat. Fat (g)	7.6	1.5
Carbohydrate (g)	45.4	8.7
Sugars (g)	5.5	1.1
Protein (g)	26.8	5.1
Salt (g)	0.43	0.08

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

Allergens

4) Fish

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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Packed in the UK

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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**, season with **salt** and **pepper**, then toss to coat. 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.



Fish to Fry

Meanwhile, put a large frying pan on medium-high heat with the **butter** (see ingredients for amount) and a drizzle of **oil**. Season the **fish** with **salt** and **pepper**.

Once the **butter** has melted and is 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.

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Get Prepped

Meanwhile, roughly chop the **chives** (use scissors if easier). Zest and quarter the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Separate the **broccoli** into florets (like small trees). Halve any large florets, then pop onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



Baste in Chive Butter

Add the **chives** and **garlic** to the **fish** pan and squeeze in **half** the **lemon juice**.

Spoon the **flavoured butter** over the **fish** for 1-2 mins, then remove from the heat.

IMPORTANT: The fish is cooked when opaque in the middle.



Broccoli Time

When the **potatoes** have been in the oven for 15-20 mins, pop the **broccoli** onto the middle shelf to roast until the edges are crispy and slightly charred, 10-15 mins.



Serve

When ready, plate up the **sea bass** with the **roasted broccoli** and **potatoes** alongside.

Spoon the **melted butter** from the pan over the **fish** and sprinkle with the **lemon zest** to finish.

Serve the remaining **lemon wedges** alongside for squeezing over.

Enjoy!