



Sea Bass on Creamy Linguine with Burst Tomatoes and Garlic Crumb

Classic Eat Me First • 20 Minutes

6



Garlic Clove



Panko Breadcrumbs



Linguine



Baby Plum Tomatoes



Creme Fraiche



Vegetable Stock Powder



Sea Bass Fillets

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, colander, garlic press, bowl and frying pan.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	10g	15g	20g
Linguine 13)	180g	270g	360g
Baby Plum Tomatoes	125g	250g	250g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Sea Bass Fillets** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	329g	100g
Energy (kJ/kcal)	3129 /748	951 /227
Fat (g)	34	10
Sat. Fat (g)	17	5
Carbohydrate (g)	75	23
Sugars (g)	8	2
Protein (g)	32	10
Salt (g)	1.03	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 10) Celery 13) 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.

Contact

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Get Prepped

Peel and grate the **garlic** (or use a garlic press). Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.



Make the Garlic Crumbs

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **breadcrumbs** and **half the garlic**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily. Once cooked, transfer the **toasted crumbs** to a bowl and set aside.



Cook the Pasta

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Make the Sauce

Pop the (now empty) frying pan back onto a medium-high heat with a drizzle of **oil**. Add the **tomatoes** to the pan and cook until blistered, 4-5 mins. Using the back of a spatula, press down onto the **tomatoes** so that they burst open. Stir in the remaining **garlic** and cook for 1 min. Reduce the heat slightly then stir in the **creme fraiche**, **veg stock powder** and **water for the sauce** (see ingredients for amount). Bring to the boil, simmer for 2 mins, then remove from the heat. Add the **cooked pasta** to the **sauce** and toss together. Taste and add **salt** and **pepper** if needed.



Fry the Fish

Heat a drizzle of **oil** in another 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.



Serve

When ready, serve the **creamy linguine** in bowls. Top with the **sea bass** and sprinkle the **garlicky crumbs** over.

Enjoy!