

# Pan-Seared Sea Bass and Warm Tomato Salsa



with Rosemary Potatoes and Pesto Baby Leaf Salad

Classic 35-40 Minutes • 1 of your 5 a day







Potatoes

Dried Rosemary





Lemon

Medium Tomato





Garlic Clove



Sea Bass Fillets

Fresh Pesto

Baby Leaf Mix

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Baking tray, fine grater, garlic press, bowl and frying pan. Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Lemon**	1/2	1	1
Medium Tomato	1	2	2
Garlic Clove**	1	1	2
Fresh Pesto** 7)	32g	64g	64g
Sea Bass Fillets** 4)	2	3	4
Baby Leaf Mix**	50g	75g	100g
Do orton	2P	3P	4P
Pantry	2P	32	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

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

#### **Nutrition**

	<b>.</b>	D 100
Typical Values	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	2015 /482	448/107
Fat (g)	24.0	5.3
Sat. Fat (g)	4.7	1.0
Carbohydrate (g)	46.1	10.3
Sugars (g)	4.9	1.1
Protein (g)	22.9	5.1
Salt (g)	0.91	0.20

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

#### 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.

## Contact

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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 them onto a large baking tray. Drizzle with oil, sprinkle over the dried rosemary, then season with salt and pepper.

Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary.

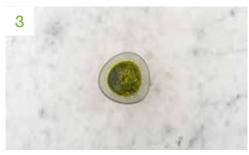
When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## **Get Prepped**

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

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



## **Hey Pesto**

Put the **pesto** into a medium bowl and add a squeeze of lemon juice.

Mix in the olive oil for the dressing (see pantry for amount), then set aside.



## Fish to Fru

When the **potatoes** have 10 mins left, heat a drizzle of oil in a frying pan on medium-high heat. Pat the sea bass dry with kitchen paper and season.

Once hot, carefully lay the fish 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 and cover with foil to keep warm. IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Make your Tomato Salsa

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

Once hot, add the tomato chunks 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 season again if needed, then remove from the heat.



## Finish and Serve

When everything's ready, add the **baby leaves** to your **pesto dressing** and toss to coat.

Transfer the **sea bass** to your plates and spoon over the warm tomato salsa.

Serve with the rosemary potatoes and pesto salad alongside.

Enjoy!