



Zesty Breaded Sea Bass and Chips

with Garlic Mayo and Baby Leaf Salad

28

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Lemon



Panko Breadcrumbs



Sea Bass Fillets



Mayonnaise



Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Olive Oil

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, aluminium foil, fine grater, bowl, kitchen paper, baking paper and kitchen scissors.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------|------|------|------|
| Potatoes | 450g | 700g | 900g |
| Garlic Clove** | 2 | 3 | 4 |
| Lemon** | 1 | 1 | 2 |
| Panko Breadcrumbs 13 | 25g | 35g | 50g |
| Sea Bass Fillets** 4 | 2 | 3 | 4 |
| Mayonnaise 8 9 | 64g | 96g | 128g |
| Baby Leaf Mix** | 50g | 75g | 100g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Olive Oil for the Crumb* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2328 /556 | 511 /122 |
| Fat (g) | 25.8 | 5.7 |
| Sat. Fat (g) | 4.0 | 0.9 |
| Carbohydrate (g) | 62.1 | 13.6 |
| Sugars (g) | 4.9 | 1.1 |
| Protein (g) | 24.2 | 5.3 |
| Salt (g) | 1.07 | 0.24 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

4) Fish **8)** Egg **9)** Mustard **13)** Cereals containing 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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Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm wide slices, then chop into 1cm wide chips (no need to peel).

Pop them 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 middle shelf until golden, 30-35 mins. Turn halfway through.



Mix the Dressing

Squeeze **half the lemon juice** into a large bowl with the **olive oil for the dressing** (see pantry for amount).

Season with **salt, pepper** and a pinch of **sugar** (if you have any), then mix to combine. Set aside.



Get Prepping

While the **chips** cook, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the **chip** tray and roast until soft, 10-12 mins.

Meanwhile, zest and halve the **lemon**.

In a small bowl, combine the **breadcrumbs, lemon zest** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.



Garlic Mayo Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to a small bowl with the remaining **mayo**. Add a squeeze of **lemon juice**, season with **salt** and **pepper**, then stir to combine.

Cut the remaining **lemon** into wedges.



Bake your Fish

Pat the **sea bass** with kitchen paper to remove any excess moisture. Season with **salt** and **pepper**.

Lay the **fillets**, skin-side down, onto a lined baking tray. Spread a **third** of the **mayo** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon.

Bake on the top shelf of your oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finish and Serve

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

Plate up the **fish** with the **chips, salad** and **garlic mayo** alongside.

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

Enjoy!



WeightWatchers