



Sea Bass and Tarragon Sauce with Smashed Potatoes and Green Beans

Calorie Smart 40-45 Minutes • Under 650 Calories

28



Salad Potatoes



Green Beans



Tarragon



Vegetable Stock
Paste



Sea Bass
Fillets



Soured Cream

Pantry Items
Oil, Salt, Pepper

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, kettle, measuring jug, bowl, frying pan, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Green Beans**	150g	200g	300g
Tarragon**	¼ bunch	½ bunch	½ bunch
Vegetable Stock Paste 10	10g	15g	20g
Sea Bass Fillets** 4	2	3	4
Soured Cream** 7	75g	99g	150g

Pantry	2P	3P	4P
Boiled Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	1688 /403	401 /96
Fat (g)	16.7	4.0
Sat. Fat (g)	6.4	1.5
Carbohydrate (g)	40.9	9.7
Sugars (g)	5.8	1.4
Protein (g)	23.5	5.6
Salt (g)	1.29	0.31

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 **7)** Milk **10)** Celery

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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Start the Potatoes

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

Halve the **salad potatoes** widthways, then pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins - you'll roast them for longer once you've crushed them.



Fish to Fry

While the **smashed potatoes** roast, heat a drizzle of **oil** in a 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.

Once 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.



Prep Time

Meanwhile, trim and halve the **green beans**.

Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Boil a full kettle, then pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug with the **vegetable stock paste** - this is your **veg stock**.



Make your Tarragon Sauce

Meanwhile, add the **green beans** to the pan of **boiling water** and cook until just tender, 4-6 mins. Once cooked, drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil** if you'd like.

While the **beans** cook, pop the (now empty) frying pan on medium-high heat and pour in the **veg stock**. Boil until reduced by a third, 2-3 mins, then remove from the heat.

Stir in the **soured cream** and **tarragon**, then heat through until piping hot. Season to taste with **salt** and **pepper** if needed.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**.

Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.

Meanwhile, pop a large saucepan of **water** on to boil with ½ **tsp salt**.



Serve

When everything's ready, plate up the **sea bass** with the **smashed potatoes** and **green beans** alongside.

Spoon over the **tarragon sauce** to finish.

Enjoy!