



# Lemon and Herb Sea Bass in Garlic Butter with Roast Potatoes and Broccoli

28

Calorie Smart 30-35 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Dried Oregano



Garlic Clove



Broccoli



Sea Bass  
Fillets



Lemon & Herb  
Seasoning

**Pantry Items**  
Oil, Salt, Pepper, Butter

## 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, garlic press, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Broccoli**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Butter*	30g	40g	60g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 501g	Per 100g 100g
Energy (kJ/kcal)	2127 /508	424 /101
Fat (g)	22.3	4.4
Sat. Fat (g)	10.2	2.0
Carbohydrate (g)	50.9	10.1
Sugars (g)	5.6	1.1
Protein (g)	28.5	5.7
Salt (g)	0.65	0.13

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

## 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.


## 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 oregano**, 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

Pat the **sea bass** dry with kitchen paper. Season, then sprinkle over the **lemon & herb seasoning**.

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.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **broccoli** into florets (like small trees), halving any large ones.

Pop the **florets** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



## Baste in the Butter

Once the **fish** is cooked, stir the **garlic** into the pan. Spoon the **garlic 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 roasted for 15-20 mins, pop the **broccoli** onto the middle shelf of the oven.

Roast until the edges are crispy and slightly charred, 12-15 mins.

When the **potatoes** have 10 mins remaining, melt the **butter** (see pantry for amount) in a large frying pan on medium-high heat with a drizzle of **oil**.



## Serve

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

Spoon any remaining **garlic butter** from the pan over the **fish** to finish.

## Enjoy!