



Cajun Spiced Bass and Chive Dressing with Mixed Potato and Cavolo Nero Mash

28

Calorie Smart 35-40 Minutes • **Very Hot** • 2 of your 5 a day • Under 650 Calories



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Chopped Cavolo Nero



Sea Bass Fillets



Cajun Spice 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. Ingredients in **red** are hot!

Cooking tools

Baking tray, garlic press, fine grater, kitchen scissors, bowl, frying pan, lid and potato masher.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Sweet Potato	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Chopped Cavolo Nero**	100g	150g	200g
Sea Bass Fillets** 4)	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2234 /534	482 /115
Fat (g)	22.3	4.8
Sat. Fat (g)	4.1	0.9
Carbohydrate (g)	60.9	13.1
Sugars (g)	11.3	2.4
Protein (g)	24.5	5.3
Salt (g)	0.67	0.14

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.

SOURCE OF 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 **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them both 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 top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Cavolo Nero

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins.

Remove the lid, add the **garlic** and stir-fry for 1 min more.

Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



Get Prepped

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

Zest and halve the **lemon** (see ingredients for amount). Finely chop the **chives** (use scissors if easier). **TIP:** Discard any tough stalks from the cavolo nero at this stage.



Fish to Fry

When the **potatoes** have 10 mins left, wipe out your (now empty) frying pan and pop on medium-high heat (no oil).

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:** The fish is cooked when opaque in the middle.



Marinate the Sea Bass

Drizzle the **sea bass** with the **olive oil for the marinade** (see pantry for amount).

Season with **salt** and **half** the **Cajun spice mix** (add less if you'd prefer things milder). Rub onto both sides of the **fish**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

In a small bowl, mix the remaining **Cajun spice mix** with **half** the **chives**, a pinch of **lemon zest**, a squeeze of **lemon juice** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and set your **chive dressing** to one side.



Finish and Serve

When the **potatoes** are cooked, add them to your bowl of **cavolo nero** and roughly mash. Mix in a knob of **butter** (if you have any) and the remaining **chives**.

Serve your **cavolo nero mash** topped with the **spiced sea bass** and a drizzle of **chive dressing**.

Chop any remaining **lemon** into **wedges** and serve alongside for squeezing over.

Enjoy!