



Crispy Skinned Sea Bass

with Salsa Verde, Green Beans and Roast Potatoes

28

Calorie Smart Air Fryer Friendly 30-35 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Olives



Flat Leaf Parsley



Lemon



Green Beans



Sea Bass Fillets

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, bowl, frying pan, lid, kitchen paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	1½	2
Olives	30g	60g	60g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Green Beans**	150g	200g	300g
Sea Bass Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Olive Oil for the Salsa*	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)	2001 /478	445 /106
Fat (g)	21.1	4.7
Sat. Fat (g)	4.1	0.9
Carbohydrate (g)	50.7	11.3
Sugars (g)	5.5	1.2
Protein (g)	23.4	5.2
Salt (g)	0.81	0.18

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, cereals containing 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. 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 top shelf until golden, 25-35 mins. Turn halfway through.



Bring on the Beans

Trim the **green beans**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 3-4 mins. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Transfer to a plate and cover with foil to keep warm.



Get Prepped

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add it to your **potato** baking tray and roast until soft, 10-12 mins, then carefully remove.

Chop the **olives** and **parsley** (stalks and all) as finely as you can.

Halve the **lemon** (see ingredients for amount).



Fish to Fry

About 6 mins before the **potatoes** are cooked, wipe out your (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Pat the **sea bass** dry with kitchen paper, then season with **salt** and **pepper**.

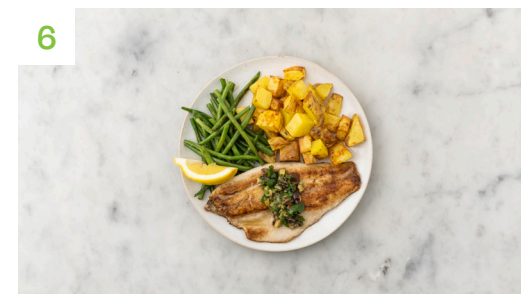
Once hot, carefully place your **fish** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Make the Salsa Verde

In a small bowl, mix together the **chopped parsley** with the **chopped olives**, **half the lemon juice** and the **olive oil for the salsa** (see pantry for amount).

Set your **salsa verde** aside.



Finish and Serve

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

Plate up your **sea bass** with the **beans** and **roast potatoes** alongside. Drizzle the **salsa verde** over the fish to finish.

Serve with any remaining **lemon** cut into wedges for squeezing over.

Enjoy!

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Prep, oil and season the **potato chunks**.
2. Once hot, add them to the basket. Bake until golden, 20-25 mins. Shake and turn halfway through.