



Pan-Fried Sea Bass with Oven-Baked Leek and Courgette Risotto

Classic 40-45 Minutes • 2 of your 5 a day

8



Courgette



Leek



Lemon



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Sea Bass Fillets



Grated Hard Italian Style Cheese

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

Kettle, fine grater, garlic press, ovenproof pan, lid, frying pan, bowl and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Courgette**	1	2	2
Leek**	1	1	2
Lemon**	½	1	1
Garlic Clove**	1	2	2
Risotto Rice	175g	260g	350g
Vegetable Stock Paste (10)	20g	30g	40g
Sea Bass Fillets** (4)	2	3	4
Grated Hard Italian Style Cheese** (7) (8)	20g	40g	40g

Pantry	2P	3P	4P
Boiled Water for the Stock*	600ml	900ml	1200ml
Butter*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	750g	100g
Energy (kJ/kcal)	2840 /679	379 /91
Fat (g)	25.8	3.4
Sat. Fat (g)	12.1	1.6
Carbohydrate (g)	80.9	10.8
Sugars (g)	8.3	1.1
Protein (g)	30.7	4.1
Salt (g)	2.86	0.38

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

Allergens

4) Fish 7) Milk 8) Egg 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, 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.

Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Zest and halve the **lemon** (see ingredients for amount). Peel and grate the **garlic** (or use a garlic press).



Fry the Sea Bass

When the **risotto** has 10 mins remaining, return the frying pan to 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 **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. It's cooked when opaque in the middle. Remove from the heat.



Start your Risotto

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek** until softened, 5-6 mins, stirring occasionally.

Add the **garlic** and cook for 1 min more.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finishing Touches

When the **risotto** is cooked, remove it from the oven and stir through the **charred courgette**, **butter** (see pantry for amount), **hard Italian style cheese** and a squeeze of **lemon juice**.

Season to taste with **salt**, **pepper** and more **lemon juice** if needed. **TIP:** Add a splash of water to loosen the risotto if needed.

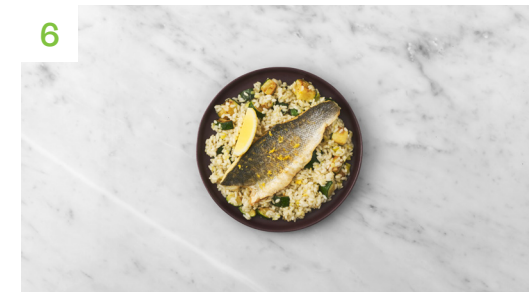


Time to Bake

Stir the **boiled water for the stock** (see pantry for amount) and **vegetable stock paste** into the **rice**. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl and set aside.



Serve Up

Share the **risotto** between your bowls and top with the **sea bass**.

Garnish with a sprinkle of **lemon zest**.

Cut the remaining **lemon** into wedges and serve alongside for squeezing over.

Enjoy!