



Pan-Seared Sea Bass and Warm Tomato Salsa with Pesto, Rosemary Potatoes and Baby Leaf Salad

Classic 35-40 Minutes • 1 of your 5 a day

6



Potatoes



Dried Rosemary



Lemon



Medium Tomato



Garlic Clove



Sea Bass Fillets



Lemon & Herb Seasoning



Fresh Pesto



Baby Leaf Mix



Balsamic Glaze

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, fine grater, garlic press, frying pan, kitchen paper and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Medium Tomato	1	2	2
Garlic Clove**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Fresh Pesto** 7)	32g	48g	64g
Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	454g	100g
Energy (kJ/kcal)	2010 /480	443 /106
Fat (g)	20.0	4.4
Sat. Fat (g)	4.2	0.9
Carbohydrate (g)	54.5	12.0
Sugars (g)	8.2	1.8
Protein (g)	22.6	5.0
Salt (g)	0.79	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 14) Sulphites

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, mollusc, 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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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 rosemary**, then season with **salt** and **pepper**.

Toss to coat, then 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

Once hot, carefully lay the **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*.

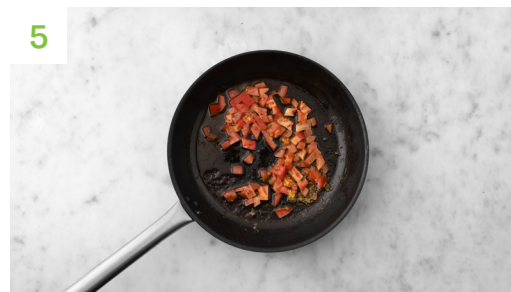
When cooked, transfer to a plate to rest and cover with foil to keep warm. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Get Prepped

Meanwhile, zest and halve the **lemon** (see ingredients for amount). Chop the **tomato** into small 1cm pieces.

Peel and grate the **garlic** (or use a garlic press).



Make your Tomato Salsa

Wipe out your (now empty) frying pan and pop on medium heat with the **olive oil for the salsa** (see pantry for amount).

Once hot, add the **tomato chunks** and cook until just warmed through, 1-2 mins.

Gently stir in the **garlic** and **lemon zest** and cook until fragrant, 30 secs. Squeeze in some **lemon juice** and season with **salt** and **pepper**.

Taste and season again if needed, then remove from the heat.



Add Flavour

When the **potatoes** have 10 mins left, heat a drizzle of **oil** in a frying pan on medium-high heat.

Pat the **sea bass** dry with kitchen paper and season with **salt** and **pepper**. Sprinkle over the **lemon & herb seasoning**.



Finish and Serve

When everything's ready, transfer the **sea bass** to your plates and spoon over the **warm tomato salsa**. Drizzle the **pesto** over the **fish** and **salsa**.

Serve with the **rosemary potatoes** and **baby leaf salad** alongside. Drizzle the **balsamic glaze** over the **leaves**.

Enjoy!