



# Sea Bass and Tarragon Sauce with Smashed Potatoes and Green Beans

Stacey Solomon 40-45 Minutes • Under 650 Calories

28



Potatoes



Green Beans



Tarragon



Garlic Clove



Sea Bass Fillets



Vegetable Stock  
Paste



Soured Cream

#### Pantry Items

Oil, Salt, Pepper

*Stacey* ♥

#### Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

## 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, bowl, saucepan, frying pan, aluminium foil and colander.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Tarragon**	¼ bunch	½ bunch	½ bunch
Garlic Clove**	1	2	2
Sea Bass Fillets** 4)	2	3	4
Vegetable Stock Paste 10)	10g	15g	20g
Soured Cream** 7)	75g	99g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>486g</b>	<b>100g</b>
Energy (kJ/kcal)	1870 /447	385 /92
Fat (g)	16.7	3.4
Sat. Fat (g)	6.5	1.3
Carbohydrate (g)	51.1	10.5
Sugars (g)	6.3	1.3
Protein (g)	24.7	5.1
Salt (g)	1.30	0.27

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

## Allergens

4) Fish 7) Milk 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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

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



## Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop 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 for 20 mins - you'll roast them for longer once you've crushed them.



## Fish to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **fish** 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.*

Once cooked, transfer to your serving plates 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.



## Prep Time

Meanwhile, trim and halve the **green beans**.

Pick the **tarragon leaves** from their stalks and roughly chop (see ingredients for amount, discard the stalks).

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



## Make your Tarragon Sauce

Meanwhile, add the **green beans** to the pan of **boiling water** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil** if you'd like.

While the **beans** cook, pop the (now empty) frying pan on medium-high heat with a drizzle of **oil**. Add the **garlic** and cook, 30 secs.

Stir in the **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until reduced by half. Remove from the heat.

Stir through the **soured cream** and **tarragon** until piping hot. Season to taste with **salt** and **pepper** if needed.

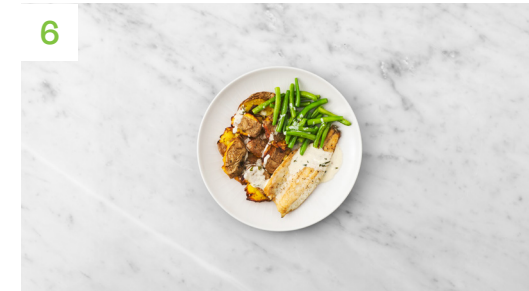


## Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato** half.

Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.

Meanwhile, bring a medium saucepan of **water** with **½ tsp salt** to the boil for the **green beans**.



## Serve Up

When everything's ready, serve the **smashed potatoes** and **green beans** alongside the **sea bass**.

Spoon over the **tarragon sauce** to finish.

## Enjoy!