



Sea Bass and Tarragon Sauce

with Smashed Potatoes, Tenderstem® Broccoli and Runner Beans

Classic 40-45 Minutes • 1 of your 5 a day

50



Potatoes



Tarragon



Garlic Clove



Sea Bass Fillets



All the Greens
Veg Side



Vegetable Stock Paste



Soured Cream

Pantry Items
Oil, Salt, Pepper

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
Tarragon**	¼ bunch	½ bunch	½ bunch
Garlic Clove**	1	2	2
Sea Bass Fillets** 4)	2	3	4
All the Greens Veg Side**	200g	400g	400g
Vegetable Stock Paste 10)	10g	15g	20g
Soured Cream** 7)	75g	99g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	1920 /459	376 /90
Fat (g)	16.9	3.3
Sat. Fat (g)	6.5	1.3
Carbohydrate (g)	51.2	10.0
Sugars (g)	6.2	1.2
Protein (g)	26.0	5.1
Salt (g)	1.30	0.25

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

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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.

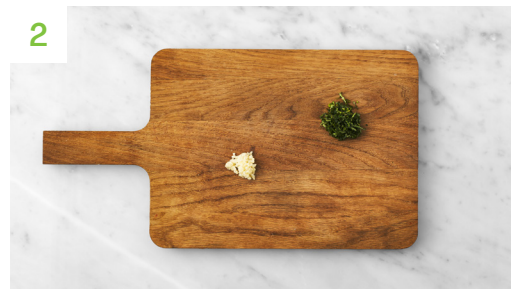


Fish to Fry

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, 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 **mixed green veg** 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 veg cooks, 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.

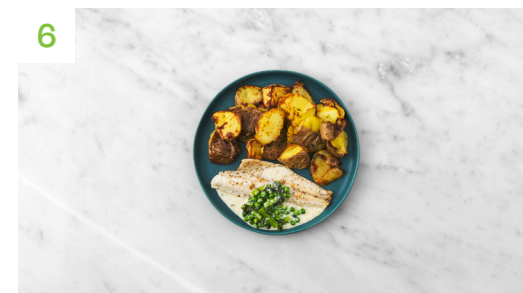


Get Smashing

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 **veg**.



Serve Up

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

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

Enjoy!