



# Sea Bass in Creamy Chorizo Sauce with Cheesy Smashed Potatoes and Asparagus

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

29



Potatoes



Chives



Garlic Clove



Lemon



Diced Chorizo



Creme Fraiche



Sun-Dried  
Tomato Paste



Grated Hard  
Italian Style Cheese



Asparagus



Sea Bass Fillets

**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, baking paper, kitchen scissors, garlic press, saucepan, bowl, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chives**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	2	3	4
Lemon**	1	1½	2
Diced Chorizo**	60g	90g	120g
Creme Fraiche** 7)	75g	120g	150g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Asparagus**	150g	200g	300g
Sea Bass Fillets** 4)	2	3	4
<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>606g</b>	<b>100g</b>
Energy (kJ/kcal)	3023 /722	499 /119
Fat (g)	38.9	6.4
Sat. Fat (g)	17.5	2.9
Carbohydrate (g)	57.5	9.5
Sugars (g)	7.7	1.3
Protein (g)	39.4	6.5
Salt (g)	3.71	0.61

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

## Allergens

4) Fish 7) Milk 8) Egg

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 lined 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.



## Asparagus Time

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**. Sprinkle over the **hard Italian style cheese**.

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

Pop the **asparagus** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Roast on the middle shelf until tender, 10-12 mins.



## Prep the Veg

Meanwhile, trim the bottom 2cm from the **asparagus** and discard.

Finely chop the **chives** (use scissors if easier).

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

Cut the **lemon** into wedges.



## Fish to Fry

Once the **asparagus** is in the oven, heat a drizzle of **oil** in a frying pan on medium-high heat. 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. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Make your Chorizo Sauce

Heat a medium saucepan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

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

Stir in the **creme fraiche** and **water for the sauce** (see pantry for amount). Bring to the boil, then simmer until slightly thickened, 2-3 mins.

Stir in the **sun-dried tomato paste** and a good squeeze of **lemon juice**, then remove from the heat. Set aside.



## Finish and Serve

When everything's almost ready, gently reheat the **chorizo sauce**, 1-2 mins. Add a splash of **water** if it's a little too thick.

Share the **sea bass**, **cheesy crushed potatoes** and **asparagus** between your plates. Spoon the **chorizo sauce** over the **fish**.

Sprinkle over the **chives** to finish and serve with any remaining **lemon wedges** alongside for squeezing over.

Enjoy!