



Zesty Breaded Sea Bass and Chips

with Garlic Mayo and Baby Leaf & Cucumber Salad

Calorie Smart

35-40 Minutes • 1 of your 5 a day • Under 650 Calories

28



Potatoes



Lemon



Sea Bass Fillets



Mayonnaise



Baby Leaf Mix



Garlic Clove



Breadcrumbs



Lemon & Herb Seasoning



Baby Cucumber

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, aluminium foil, fine grater, bowl, kitchen paper, baking tray and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lemon**	1	1	2
Breadcrumbs 13)	25g	35g	50g
Sea Bass Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Mayonnaise 8) 9)	64g	96g	128g
Baby Cucumber**	1	1½	2
Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2391 /571	450 /108
Fat (g)	25.9	4.9
Sat. Fat (g)	4.0	0.8
Carbohydrate (g)	66.2	12.5
Sugars (g)	6.3	1.2
Protein (g)	24.4	4.6
Salt (g)	1.31	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

4) Fish **8)** Egg **9)** Mustard **13)** Cereals containing gluten

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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Chips

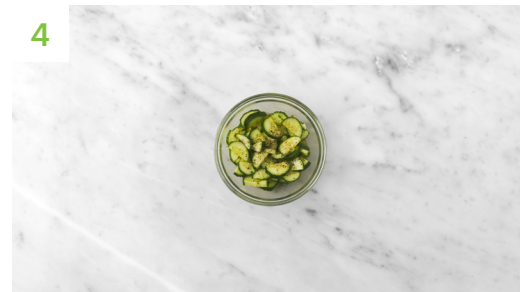
Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm wide slices, then chop into 1cm wide chips (no need to peel).

Pop them 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 middle shelf until golden, 30-35 mins. Turn halfway through.



Mix the Dressing

While everything cooks, trim the **cucumber**, then halve lengthways. Thinly slice widthways.

Squeeze **half** the **lemon juice** into a large bowl with the **olive oil for the dressing** (see pantry for amount)

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then mix to combine. Add the **cucumber**, then set aside.



Get Prepping

While the **chips** cook, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the **chip** tray and roast until soft, 10-12 mins.

Meanwhile, zest and halve the **lemon**.

In a small bowl, combine the **breadcrumbs**, **lemon** zest and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.



Garlic Mayo Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Wipe out the (now empty) **breadcrumb** bowl and add the **garlic** and remaining **mayo**. Add a squeeze of **lemon juice**, season with **salt** and **pepper**, then stir to combine.

Cut the remaining **lemon** into wedges.



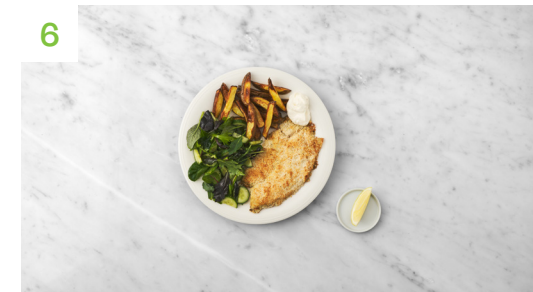
Bake your Fish

Pat the **sea bass** with kitchen paper to remove any excess moisture. Season with **salt** and **pepper** and sprinkle over the **lemon & herb seasoning**.

Lay the **fillets**, skin-side down, onto a lined baking tray. Spread a **third** of the **mayo** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon.

Bake on the top shelf of your oven until the **crumb** is golden and the **fish** is cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finish and Serve

When everything's ready, add the **baby leaves** to the **dressing** and toss to coat.

Plate up the fish with the **chips**, **salad** and **garlic mayo** alongside.

Serve with the remaining **lemon wedges** for squeezing over.

Enjoy!