



Pesto Crusted Sea Bass and Garlic Butter Sauce with Mashed Potatoes and Roasted Carrots

41

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



Carrot



Potatoes



Echalion Shallot



Garlic Clove



Breadcrumbs



Pesto



Sea Bass Fillets



Cider Vinegar



Vegetable Stock Paste



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Butter

↔ Swap to Salmon Fillet

If you chose to swap to salmon fillet, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, garlic press, bowl, baking paper, frying pan, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Potatoes	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Breadcrumbs 13	25g	35g	50g
Pesto 7	32g	48g	64g
Sea Bass Fillets** 4	2	3	4
Cider Vinegar 14	15ml	22ml	30ml
Vegetable Stock Paste	10g	15g	20g
Salmon Fillets** 4	2	3	4
Pantry	2P	3P	4P
Water for the Sauce*	75ml	115ml	150ml
Butter for the Sauce*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	610g	100g	620g	100g
Energy (kJ/kcal)	2763 /660	453 /108	3083 /737	498 /119
Fat (g)	30.0	4.9	37.3	6.0
Sat. Fat (g)	11.7	1.9	12.6	2.0
Carbohydrate (g)	74.6	12.2	74.7	12.1
Sugars (g)	15.1	2.5	15.3	2.5
Protein (g)	26.0	4.3	29.9	4.8
Salt (g)	2.59	0.42	2.61	0.42

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

Allergens

4) Fish **7)** Milk **13)** Cereals containing gluten **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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1 Prep the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** on to boil for the **potatoes**.

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



4 Ready, Steady, Bake

Lay the **sea bass**, skin-side down, onto another lined baking tray. Season with **salt** and **pepper**.

Spoon the **pesto crumb** evenly over the **fish**, pressing it down with the back of the spoon.

Pop the **sea bass** on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*

↔ Swap to Salmon Fillet

Coat the **salmon** in the same way, then bake on the top shelf, 10-15 mins.



2 Boil the Potatoes

When the oven is hot, roast the **carrots** on the top shelf until tender, 20-25 mins. Turn halfway through.

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

↔ Swap to Salmon Fillet

Roast the **carrots** on the middle shelf, 25-30 mins instead.



5 Make the Garlic Butter Sauce

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **shallot** and stir-fry until softened, 4-5 mins. Stir in the **garlic** and cook for 30 secs.

Add the **cider vinegar** and allow it to evaporate, 1-2 mins.

Pour in the **water for the sauce** (see ingredients for amount) and **veg stock paste**, then bring to the boil and simmer until reduced by half, 2-3 mins.

Vigorously stir in the **butter** (see pantry for amount) until melted, then take off the heat.



3 Pesto Crumb Time

While the **veg** cooks, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Pop the **breadcrumbs** and **pesto** into a small bowl. Drizzle in a little **olive oil** and mix together.



6 Finish and Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and **mash** until smooth. Season with **salt** and **pepper**.

Serve the **sea bass** with the **garlic butter sauce** spooned over and the **mash** and **roasted carrots** alongside.

Enjoy!