



Lemon and Herb Sea Bass in Garlic Butter

with Roast Potatoes, Broccoli and Peas

28

Calorie Smart 30-35 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Dried Oregano



Garlic Clove



Lemon



Broccoli



Sea Bass Fillets



Lemon & Herb Seasoning



Peas



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Butter, Mayonnaise

↔ Swap to Salmon Fillets

If you chose to swap to salmon fillets, 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

Baking tray, garlic press, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Lemon**	1	1½	2
Broccoli**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Peas**	120g	240g	240g
Salmon Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Butter*	30g	40g	60g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	631g	100g	641g	100g
Energy (kJ/kcal)	2715 / 649	430 / 103	3035 / 725	473 / 113
Fat (g)	32.4	5.1	39.8	6.2
Sat. Fat (g)	11.0	1.7	11.9	1.9
Carbohydrate (g)	59.6	9.4	59.7	9.3
Sugars (g)	11.1	1.8	11.2	1.8
Protein (g)	32.4	5.1	36.3	5.7
Salt (g)	0.78	0.12	0.81	0.13

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

Allergens

4) Fish

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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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, 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 until golden, 25-35 mins. Turn halfway through.



Fish to Fry

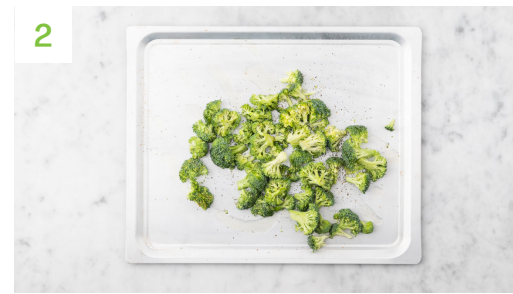
Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 1-2 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.

Meanwhile, add the **peas** to the **broccoli** tray for the last 2-3 mins of roasting time.

↔ Swap to Salmon Fillets

Prep the salmon in the same way, then cook, cook, 4-5 mins skin-side down, then turn and cook the other three sides, 2-3 mins each.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.

Cut the **broccoli** into florets (like small trees), halving any large ones.

Pop the **florets** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

If you'd prefer to boil your broccoli, boil it in step 4 while the fish fries for 3-5 mins, until tender.



Baste the Bass

Once the **fish** is cooked, add the **butter** (see pantry for amount) and **garlic** to the pan.

Once melted, spoon the **garlic butter** over the **fish** for 1-2 mins. Add a squeeze of **lemon juice**, then remove from the heat. **IMPORTANT:** The fish is cooked when opaque in the middle.

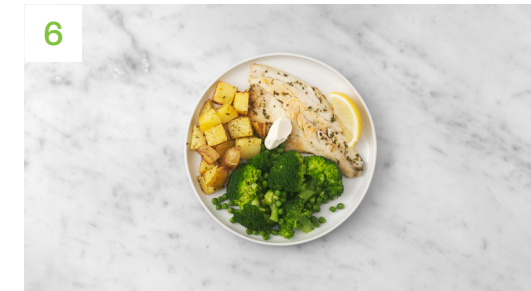


Broccoli Time

When the **potatoes** have roasted for 15-20 mins, pop the **broccoli** onto the middle shelf of the oven.

Roast until the edges are crispy and slightly charred, 12-15 mins.

When the **potatoes** have 10 mins remaining, pat the **sea bass** dry with kitchen paper. Season with **salt** and **pepper**, then sprinkle over the **lemon & herb seasoning**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Serve Up

Share the **sea bass** between your plates. Serve the **roasted broccoli** and **potatoes** alongside.

Add a dollop of **mayo** (see pantry for amount) for dipping.

Spoon any remaining **garlic butter** from the pan over the **fish**. Serve with the remaining **lemon** cut into wedges for squeezing over.

Enjoy!