



Breaded Sea Bass and Chips

with Zesty Garlic Mayo and Baby Leaf Salad

28

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



Potatoes



Garlic Clove



Flat Leaf Parsley



Lemon



Panko Breadcrumbs



Sea Bass Fillets



Mayonnaise



Premium Baby Leaf Mix

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 and baking paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Panko Breadcrumbs 13	25g	35g	50g
Sea Bass Fillets** 4	2	3	4
Mayonnaise 8 9	64g	96g	128g
Premium 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	461g	100g
Energy (kJ/kcal)	2265 /541	492 /118
Fat (g)	26.1	5.7
Sat. Fat (g)	4.0	0.9
Carbohydrate (g)	57.6	12.5
Sugars (g)	4.8	1.1
Protein (g)	25.2	5.5
Salt (g)	1.28	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, 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.

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 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.



Garlic Mayo Time

Once the **garlic** has roasted and cooled, squeeze it out of the skin and mash with a fork. Pop it into a small bowl.

Mix in the remaining **mayo**, **parsley** and **lemon zest**. Season with **salt** and **pepper**, then stir well and set your **garlic mayo** 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 **parcel** to the **chip** tray and roast until soft, 10-12 mins.

Meanwhile, roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**.

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



Mix the Dressing

Squeeze **half** the **lemon juice** into a large bowl with **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.

Cut the remaining **lemon** into wedges.



Bake your Fish

Pat the **sea bass** with kitchen paper to remove any excess moisture.

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 **zesty garlic mayo** alongside.

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

Enjoy!

