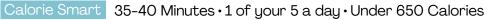


# Breaded Sea Bass and Chips

with Zesty Garlic Mayo and Baby Leaf Salad









Potatoes









Lemon





Mayonnaise

Breadcrumbs

Sea Bass Fillets



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
Lemon**	1	1	1
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

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	2259 /540	496/119
Fat (g)	25.8	5.7
Sat. Fat (g)	4.0	0.9
Carbohydrate (g)	58.4	12.8
Sugars (g)	4.8	1.1
Protein (g)	24.3	5.3
Salt (g)	1.44	0.32

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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HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# 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.



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

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



# 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.



# Garlic Mayo Time

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

Add the **garlic** to a small bowl with the remaining mayo and lemon zest. Season with salt and pepper. Stir well and set your garlic mayo aside.



# Mix the Dressing

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.

Cut the remaining **lemon** into wedges.



# 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!



