



Cajun Spiced Bass and Chive Dressing with Mixed Potatoes and Tenderstem® Broccoli

28

Calorie Smart 35-40 Minutes • Very Hot • 2 of your 5 a day • Under 650 Calories



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Tenderstem® Broccoli



Sea Bass Fillets



Cajun Spice Mix

Recipe Update

Due to quality issues with **cavolo nero**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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, garlic press, fine grater, kitchen scissors, bowl, frying pan, lid and potato masher.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Sweet Potato	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Tenderstem® Broccoli**	150g	200g	300g
Sea Bass Fillets** (4)	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2225 /532	456 /109
Fat (g)	22.1	4.5
Sat. Fat (g)	4.3	0.9
Carbohydrate (g)	59.5	12.2
Sugars (g)	12.0	2.5
Protein (g)	26.3	5.4
Salt (g)	0.77	0.16

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

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

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

You can recycle me!



Roast the Potatoes

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

Chop the **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them both 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 top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Broccoli

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

Once the, add the **Tenderstem®** and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more.

Remove the lid, add the **garlic** and stir-fry for 1 min more.

Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



Prep the Veg

Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lemon**. Finely chop the **chives** (use scissors if easier).

Halve any thick **broccoli stems** lengthways.



Fish to Fry

Wipe out your (now empty) frying pan and pop on medium-high heat (no oil).

Once hot, carefully place your **sea bass** into the pan, skin-side down.

Cook for 3-4 mins before turning over and cooking for 2-3 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.* **IMPORTANT:** The fish is cooked when opaque in the middle.



Marinate the Sea Bass

Drizzle the **sea bass** with the **olive oil for the marinade** (see pantry for amount).

Season with **salt** and **half** the **Cajun spice mix**. Rub onto both sides of the **fish**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

In a small bowl, mix the remaining **Cajun spice mix** with **half** the **chives**, a pinch of **lemon zest**, a squeeze of **lemon juice** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and set your **chive dressing** to one side.



Finish and Serve

When the **potatoes** are cooked, add them to your bowl of **broccoli**. Stir in a knob of **butter** (if you have any) and the remaining **chives**. Season to taste with **salt** and **pepper**.

Serve your **veg** topped with the **spiced sea bass** and a drizzle of **chive dressing**.

Chop any remaining **lemon** into **wedges** and serve alongside for squeezing over.

Enjoy!



Weight Watchers