



# Cajun Spiced Bass and Chive Dressing with Mixed Potato and Cavolo Nero Mash

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

28



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Chopped Cavolo Nero



Sea Bass Fillets



Cajun Spice Mix



Skin-On  
Salmon Fillet

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, 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
Chopped Cavolo Nero**	100g	150g	200g
Sea Bass Fillets** (4)	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Skin On Salmon Fillet** (4)	2	3	4

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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	461g	100g	471g	100g
Energy (kJ/kcal)	2174 / 520	472 / 113	2590 / 619	550 / 131
Fat (g)	22.4	4.9	29.3	6.2
Sat. Fat (g)	4.2	0.9	5.0	1.1
Carbohydrate (g)	57.4	12.4	57.5	12.2
Sugars (g)	11.1	2.4	11.2	2.4
Protein (g)	24.6	5.3	28.6	6.1
Salt (g)	1.30	0.28	1.33	0.28

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

PersonalPoints™ 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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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 Cavolo Nero

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins.

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.

Scan to get your exact PersonalPoints™ value



## 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). **TIP:** Discard any tough stalks from the **cavolo nero** at this stage.



## 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.

### CUSTOM RECIPE

Cook your **salmon** in the same way but for 1 min more on each side.



## Marinate the Fish

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.

### CUSTOM RECIPE

If you've chosen to get **salmon** instead of **sea bass**, marinate the **salmon** in the same way.



## Finish and Serve

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

Serve your **mash** topped with the **spiced fish** and a drizzle of **chive dressing**.

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

Enjoy!