



Cheesy Crusted Sea Bass

with Roasted Potatoes and Honey Mustard Carrots

Classic Eat Me First • 35-40 Minutes • 1 of your 5 a day

6



Potatoes



Carrot



Wholegrain Mustard



Lemon



Garlic Clove



Panko Breadcrumbs



Dried Oregano



Grated Hard Italian Style Cheese



Sea Bass Fillets



Mayonnaise

Pantry Items
Honey, Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, zester and plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	2	3	4
Honey*	1 tbsp	2 tbsp	2 tbsp
Wholegrain Mustard 9)	17g	17g	34g
Lemon**	½	¾	1
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	20g	30g	40g
Dried Oregano	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	80g
Oil for the Breadcrumbs*	½ tbsp	1 tbsp	1 tbsp
Sea Bass Fillets** 4)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	2501 /598	480 /115
Fat (g)	26	5
Sat. Fat (g)	7	1
Carbohydrate (g)	63	12
Sugars (g)	16	3
Protein (g)	30	6
Salt (g)	1.56	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) 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

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!



Prep the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrot** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer on one half of your baking tray.



Add the Carrots

Put the **carrots** on the other side of the baking tray. **TIP:** Use two baking trays if necessary. Drizzle the **carrots** with **oil**, **honey** (see ingredients for amount) and **wholegrain mustard**. Season, then toss to coat and spread out. Once your oven is hot, roast the **potatoes** and **carrots** on the top shelf until golden, 25-35 mins. Turn halfway through.



Finish the Prep

Meanwhile, zest and cut the **lemon** into wedges. Peel the **garlic cloves**, pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop the **garlic parcel** onto the baking tray with the **veg** to roast until soft, 10-12 mins. Put the **panko breadcrumbs**, **dried oregano**, **lemon zest**, **grated hard Italian style cheese** and **oil for the breadcrumbs** (see ingredients for amount) into a bowl. Mix to combine.



Prep the Fish

Lay the **sea bass**, skin-side down, onto a baking tray lined with baking paper. Add **half** the **mayonnaise** to a small bowl and set aside. Spread the remaining **mayo** over the **fish** and spoon the **breadcrumb mixture** on top. Press it down with a spoon. When the **veg** are halfway through cooking, drizzle the **fish** with **oil** and bake on the middle shelf of the oven until the **crumbs** are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Make the Garlic Mayo

Whilst the **fish** cooks, remove the **roasted garlic** from the oven after 10-12 mins. Remove from the foil and mash with a fork. Add to the bowl with the **mayonnaise** and season with **salt** and **pepper**. Mix well.



Serve

When everything is ready, serve the **sea bass** on your plates with the **roasted potatoes** and **honey mustard carrots** alongside. Serve with the **lemon wedges** for squeezing over and the **garlic mayo** for dipping.

Enjoy!