



Cheesy Crusted Sea Bass

with Roasted Potatoes and Honey Mustard Carrots

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

28



- Potatoes
- Carrot
- Honey
- Wholegrain Mustard
- Lemon
- Garlic Clove
- Panko Breadcrumbs
- Italian Style Herbs
- Grated Hard Italian Style Cheese
- Sea Bass Fillets
- Mayonnaise

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, fine grater, aluminum foil, bowl, kitchen paper, kitchen scissors and baking paper.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Carrot** | 2 | 3 | 4 |
| Honey | 15g | 30g | 30g |
| Wholegrain Mustard 9) | 17g | 17g | 34g |
| Lemon** | ½ | ¾ | 1 |
| Garlic Clove** | 1 | 2 | 2 |
| Panko Breadcrumbs 13) | 20g | 30g | 40g |
| Italian Style Herbs | 1 sachet | 1 sachet | 2 sachets |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 60g | 80g |
| Sea Bass Fillets** 4) | 2 | 3 | 4 |
| Mayonnaise 8) 9) | 64g | 96g | 128g |

| Pantry | 2P | 3P | 4P |
|--------------------------|--------|--------|--------|
| Olive Oil for the Crumb* | ½ tbsp | 1 tbsp | 1 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|------------------|-----------------|
| Energy (kJ/kcal) | 533g 2524/603 | 100g 473/113 |
| Fat (g) | 26.5 | 5.0 |
| Sat. Fat (g) | 6.8 | 1.3 |
| Carbohydrate (g) | 64.9 | 12.2 |
| Sugars (g) | 16.3 | 3.1 |
| Protein (g) | 31.0 | 5.8 |
| Salt (g) | 2.38 | 0.45 |

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 7) Milk 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.

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.

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 220°C/200°C fan/gas mark 7.

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.



Bake your Fish

Pat the **sea bass** with kitchen paper to remove any excess moisture, then lay, skin-side down, onto a lined baking tray. Spread **half** the **mayonnaise** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon.

When the **veg** are halfway through cooking, bake the **fish** on the middle shelf of your oven until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



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** and **wholegrain mustard**. Season, then toss to coat and spread out. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

When your oven is hot, roast the **potatoes** and **carrots** on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Garlic Mayo

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

Add to a bowl with the remaining **mayonnaise** and season with **salt** and **pepper**. Mix well.



Mix the Cheesy Crumb

Meanwhile, zest and cut the **lemon** into wedges (see ingredients for amount).

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

In a small bowl, combine the **breadcrumbs**, **Italian style herbs**, **lemon zest**, **hard Italian style cheese** and **olive oil for the crumb** (see pantry for amount).

Pop the **garlic parcel** onto the baking tray with the **veg** to roast until soft, 10-12 mins.



Serve

When everything's 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!

Scan to get your exact PersonalPoints™ value

