



Cheesy Crusted Sea Bass

with Roasted Potatoes and Honey Mustard Carrots

28

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



-  Potatoes
-  Carrot
-  Honey
-  Wholegrain Mustard
-  Garlic Clove
-  Panko Breadcrumbs
-  Mixed 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, aluminium foil, bowl, kitchen paper, baking paper and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	2	3	4
Honey	15g	30g	30g
Wholegrain Mustard 9)	17g	17g	34g
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	20g	30g	40g
Mixed 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)	2492 /596	492 /118
Fat (g)	26.5	5.2
Sat. Fat (g)	6.8	1.3
Carbohydrate (g)	62.4	12.3
Sugars (g)	15.3	3.0
Protein (g)	30.9	6.1
Salt (g)	1.82	0.36

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 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.

Contact

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1 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.



4 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 **cheesy crumb**. 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. It's cooked when opaque in the middle.*



2 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.



5 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.



3 Mix the Cheesy Crumb

Meanwhile, pop the **garlic** (unpeeled) 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.

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



6 Serve

When everything's ready, serve the **sea bass** on your plates with the **roasted potatoes** and **honey mustard carrots** alongside.

Serve with the **garlic mayo** on the side for dipping.

Enjoy!



Weight Watchers