

Herby Crumbed Sea Bass and Handcut Chips

with Homemade Tartare Sauce, Garlicky Green Beans and Salad

Street Food 40-45 Minutes • 1 of your 5 a day

31



Potatoes



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Premium Tomatoes



Garlic Clove



Green Beans



Premium Baby Leaf Mix

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, fine grater, bowl, baking paper, garlic press, frying pan, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Capers**	15g	15g	30g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** 4)	2	3	4
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Premium Tomatoes	125g	250g	250g
Garlic Clove**	1	1	2
Green Beans**	150g	300g	300g
Premium Baby Leaf Mix**	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2360/564	415/99
Fat (g)	26.3	4.6
Sat. Fat (g)	4.1	0.7
Carbohydrate (g)	57.0	10.0
Sugars (g)	7.3	1.3
Protein (g)	26.1	4.6
Salt (g)	1.03	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 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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Chop the Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Start the Salad

While the **fish** bakes, squeeze **half the lemon juice** into a large bowl and add the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper** and mix together.

Halve the **tomatoes** and pop them into the bowl of **dressing**. Toss together and set aside.

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

Trim the **green beans**.



Mix Things Up

Meanwhile, zest and halve the **lemon**. Finely chop the **parsley** (stalks and all).

In a small bowl, combine the **lemon zest**, **breadcrumbs**, **half the parsley** and the **olive oil for the crumb** (see ingredients for amount). Season with **salt** and **pepper**, then set the **herby crumb** aside.

Finely chop the **capers**, then pop into another small bowl. Mix in the remaining **parsley**, **three quarters of the mayo** and a squeeze of **lemon juice**. Season to taste, then set your **tartare sauce** aside.



Fry the Green Beans

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

Once the pan is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins, then remove from the heat.



Prep the Fish

Lay the **sea bass**, skin-side down, onto a lined baking tray.

Spread the remaining **mayo** over the top of the **fillets**, then top with the **herby crumb**. Press it down with a spoon and drizzle with **oil**.

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



Finish and Serve

When everything is ready, add the **baby leaves** to the **tomato** bowl and toss together.

Plate up the **sea bass** with the **chips** and **green beans** alongside. Season the **chips** with **salt** and **pepper**.

Serve with the bowl of **salad** and a dollop of **tartare sauce** for **dipping**. Cut any remaining **lemon** into wedges for squeezing over.

Enjoy!