



Indian Inspired Crusted Sea Bass

with Mustard Seed Potatoes, Green Beans and Zesty Mayo

28

Calorie Smart Eat Me First • 35-40 Minutes • Mild Spice • Under 650 Calories



Potatoes



Mustard Seeds



Panko Breadcrumbs



North Indian Style Spice Mix



Sea Bass Fillets



Mango Chutney



Lime



Green Beans



Garlic Clove



Mayonnaise



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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13)	25g	50g	50g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sea Bass Fillets** 4)	2	3	4
Mango Chutney	40g	60g	80g
Lime**	½	1	1
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Mayonnaise 8) 9)	32g	48g	64g
Skin-On Salmon Fillet**	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	470g	100g	477g	100g
Energy (kJ/kcal)	2216 / 530	474 / 113	2632 / 629	552 / 132
Fat (g)	19.2	4.1	26.1	5.5
Sat. Fat (g)	3.2	0.7	4.0	0.8
Carbohydrate (g)	67.1	14.4	67.2	14.1
Sugars (g)	15.3	3.3	15.5	3.2
Protein (g)	25.4	5.4	29.3	6.2
Salt (g)	1.05	0.23	1.08	0.23

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 **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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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **mustard seeds**. Toss to coat, then 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.



Finish the Prep

Zest and cut the **lime** into wedges. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).

In another small bowl, mix together the **mayo** with the **lime zest**. Season with **salt** and **pepper**.

About 10 mins before the **potatoes** are cooked, bake the **fish** on the middle shelf until the **crumb** is golden and it's cooked through, 10-15 mins.

IMPORTANT: The fish is cooked when opaque in the middle.



Mix the Spicy Crumb

Meanwhile, in a small bowl, mix together the **panko breadcrumbs** and **North Indian style spice mix**.

Add the **olive oil for the crumb** (see pantry for amount), then season with **salt** and **pepper**. Stir to combine.



Bring on the Beans

While everything cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.

Stir in the **garlic** and remaining **mustard seeds** and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins.



Coat your Sea Bass

Pat the **sea bass** with kitchen paper to remove any excess moisture, then lay the **fillets**, skin-side down, onto a lined baking tray.

Spread the **mango chutney** over the top of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon, then set aside for now.

IMPORTANT: Wash your hands and equipment after handling raw fish.

CUSTOM RECIPE

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



Serve

When everything's ready, plate up your **sea bass** with the **potatoes** and **green beans** alongside.

Serve with a dollop of **zesty mayo** and the **lime wedges** for squeezing over.

Enjoy!