



Lemon and Herb Sea Bass in Garlic Butter

with Roast Potatoes and Broccoli

28

Calorie Smart Eat me First • 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Broccoli



Sea Bass Fillets



Lemon & Herb Seasoning

Pantry Items
Oil, Salt, Pepper, Butter

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, garlic press, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Broccoli**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	2036 / 487	409 / 98
Fat (g)	22.3	4.5
Sat. Fat (g)	10.2	2.0
Carbohydrate (g)	44.7	9.0
Sugars (g)	4.8	1.0
Protein (g)	27.0	5.4
Salt (g)	0.85	0.17

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

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 toss to coat.

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.



Fish to Fry

Pat the **sea bass** dry with kitchen paper. Season with **salt** and **pepper**, then sprinkle over the **lemon & herb seasoning**.

Once your pan is hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP:** To get crispy skin on the fish, don't move it around when it's cooking skin-side down.

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



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **broccoli** into florets (like small trees), halving any large ones.



Baste in the Garlic Butter

Add the **garlic** to the **fish** pan.

Spoon the **garlic butter** over the **fish** for 1-2 mins, then remove from the heat. **IMPORTANT:** The fish is cooked when opaque in the middle.



Broccoli Time

Pop the **broccoli** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the **potatoes** have roasted for 15-20 mins, add the **broccoli** to the middle shelf and roast until the edges are crispy and slightly charred, 10-15 mins.

Meanwhile, melt the **butter** (see pantry for amount) in a large frying pan on medium-high heat with a drizzle of **oil**



Serve

When ready, plate up the **sea bass** with the **roasted broccoli** and **potatoes** alongside.

Spoon the **garlic butter** from the pan over the **fish** to finish.

Enjoy!

