



# Pan-Fried Sea Bass and Walnut Parsley Pesto with Roast Potatoes and Tomato Rocket Salad

28

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



Potatoes



Walnuts



Flat Leaf Parsley



Grated Hard Italian Style Cheese



Cider Vinegar



Baby Plum Tomatoes



Sea Bass Fillets



Rocket

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil, Plain Flour

## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Walnuts <b>2</b>	20g	40g	40g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Grated Hard Italian Style Cheese** <b>7 8</b>	25g	30g	40g
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Sea Bass Fillets** <b>4</b>	2	3	4
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Pesto*	3 tbsp	5 tbsp	6 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2603 /622	570 /136
Fat (g)	35.3	7.7
Sat. Fat (g)	7.4	1.6
Carbohydrate (g)	50.2	11.0
Sugars (g)	5.8	1.3
Protein (g)	29.3	6.4
Salt (g)	0.52	0.11

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

**2) Nuts 4) Fish 7) Milk 8) Egg 14) Sulphites**

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.

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## 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.



## Season the Sea Bass

Put the **flour** (see pantry for amount) on a plate and season with **salt** and **pepper**.

Pat the **sea bass** dry with some kitchen paper, then lay onto the plate of **seasoned flour**. Turn the **fish** so it's evenly coated all over. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

Scan to get your exact PersonalPoints™ value



## Hey Pesto

Meanwhile, finely chop the **walnuts** and **parsley** (stalks and all). Transfer to a small bowl.

Mix in the **grated hard Italian style cheese** and **olive oil for the pesto** (see pantry for amount), then season with **salt** and **pepper**.

Stir well to combine, then set your **walnut parsley pesto** aside. **TIP:** Add a little more olive oil if you'd prefer it to be more like a drizzle.



## Time to Fry

When the **potatoes** have 5 mins left, heat a drizzle of **oil** in a large frying pan on high heat.

Once 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:** The fish is cooked when opaque in the middle.

Once cooked, remove from the heat.



## Prep your Salad

In a medium bowl, combine the **cider vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper** and mix together.

Halve the **tomatoes**, then add them to the **dressing**. Stir together, then set aside - you'll add the **rocket** later.



## Finish and Serve

When everything is ready, add the **rocket** to the bowl of **tomatoes** and toss together.

Serve the **sea bass** with the **roast potatoes** and **salad** alongside.

Spoon your **walnut parsley pesto** over the **fish** to finish.

## Enjoy!