



# Pan-Seared Sea Bass and Warm Tomato Salsa with Rosemary Potatoes and Pesto Baby Leaf Salad

28

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



Potatoes



Dried Rosemary



Lemon



Medium Tomato



Garlic Clove



Fresh Pesto



Sea Bass Fillets



Premium Baby Leaf Mix



Salmon Fillet Skin-On

**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, fine grater, garlic press, bowl, frying pan, kitchen paper and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Medium Tomato	1	2	2
Garlic Clove**	1	1	2
Fresh Pesto** 7)	32g	50g	64g
Sea Bass Fillets** 4)	2	3	4
Premium Baby Leaf Mix**	50g	75g	100g
Salmon Fillet Skin-On** 4)	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Salsa*	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	450g	100g	460g	100g
Energy (kJ/kcal)	2015 / 482	448 / 107	2431 / 581	529 / 126
Fat (g)	24.0	5.3	30.9	6.7
Sat. Fat (g)	4.7	1.1	5.5	1.2
Carbohydrate (g)	46.1	10.3	46.3	10.1
Sugars (g)	4.9	1.1	5.0	1.1
Protein (g)	22.9	5.1	26.8	5.8
Salt (g)	0.91	0.20	0.94	0.20

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 7) Milk

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**, sprinkle over the **dried rosemary**, then season with **salt** and **pepper**. 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.



## Fish to Fry

Once the **oil** is hot, carefully lay the **fish** 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.

Once cooked, transfer to a plate to rest and cover with foil to keep warm. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

### CUSTOM RECIPE

If you've chosen **salmon** instead of sea bass, cook in the same way but for 1 min more on each side.



## Get Prepped

Meanwhile, zest and halve the **lemon**. Chop the **tomato** into 1cm chunks.

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



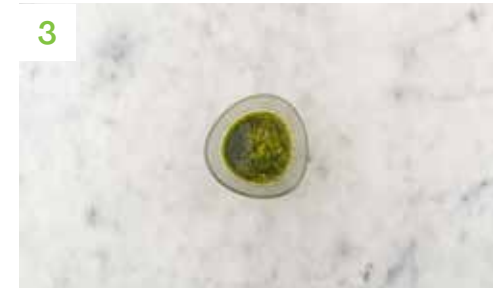
## Make your Tomato Salsa

Wipe out your (now empty) frying pan and pop on medium heat with the **olive oil for the salsa** (see pantry for amount).

Once hot, add the **chopped tomato** and cook until just warmed through, 1-2 mins.

Gently stir in the **garlic** and **lemon zest** and cook until fragrant, 30 secs. Squeeze in some **lemon juice** and season with **salt** and **pepper**.

Taste and season again if needed, then remove from the heat.



## Hey Pesto

Put the **pesto** into a medium bowl and add a squeeze of **lemon juice**.

Mix in the **olive oil for the dressing** (see pantry for amount), then set aside.

When the **potatoes** have 10 mins left, heat a drizzle of **oil** in a frying pan on medium-high heat. Pat the **sea bass** dry with kitchen paper and season.



## Finish and Serve

When everything's ready, add the **baby leaves** to your **pesto dressing** and toss to coat.

Transfer the **sea bass** to your plates and spoon over the **warm tomato salsa**.

Serve with the **rosemary potatoes** and **pesto salad** alongside.

## Enjoy!



Weight Watchers