



Sea Bass in Lemon, Garlic and Chive Butter with Roast Potatoes and Broccoli

28

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



Potatoes



Chives



Garlic Clove



Lemon



Broccoli



Sea Bass Fillets



Skin on Salmon Fillet

Pantry Items

Oil, Salt, Pepper, Butter

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, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lemon**	½	1	1
Broccoli**	1	1	2
Sea Bass Fillets** 4)	2	3	4
Skin on Salmon Fillet** 4)	1	1	2

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	530g	100g
Energy (kJ/kcal)	2065 / 494	390 / 93
Fat (g)	22.4	4.2
Sat. Fat (g)	10.2	1.9
Carbohydrate (g)	47.0	8.9
Sugars (g)	5.7	1.1
Protein (g)	27.4	5.2
Salt (g)	1.32	0.25

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	540g	100g
Energy (kJ/kcal)	2481 / 593	460 / 110
Fat (g)	29.2	5.4
Sat. Fat (g)	10.9	2.0
Carbohydrate (g)	47.1	8.7
Sugars (g)	5.8	1.1
Protein (g)	31.4	5.8
Salt (g)	1.35	0.25

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

HelloFresh UK
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The Fresh Farm
60 Worship St, London EC2A 2EZ

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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

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

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.

CUSTOM RECIPE

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

Scan to get your exact PersonalPoints™ value



Get Prepped

Meanwhile, roughly chop the **chives** (use scissors if easier). Zest and quarter the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Cut the **broccoli** into florets (like small trees), halving any large ones. Pop them onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



Baste in the Butter

Add the **chives** and **garlic** to the **fish** pan and squeeze in **half** the **lemon juice**.

Spoon the **flavoured 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

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

Meanwhile, pat the **sea bass** dry with kitchen paper. Season with salt and pepper. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Serve

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

Spoon the **melted butter** from the pan over the **fish** and sprinkle with the **lemon zest** to finish. Serve the remaining **lemon wedges** alongside for squeezing over.

Enjoy!