










Sea Bass and Charred Courgette Almond Salsa with Roasted Butternut Couscous

28

Calorie Smart Eat Me First • 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



-  Butternut Squash
-  Courgette
-  Lemon
-  Vegetable Stock Paste
-  Couscous
-  Flaked Almonds
-  Sea Bass Fillets

Pantry Items
Oil, Salt, Pepper, Olive oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Peeler, baking tray, fine grater, bowl, saucepan, lid, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	2
Courgette**	1	2	2
Lemon**	½	1	1
Vegetable Stock Paste 10)	10g	15g	20g
Couscous 13)	120g	180g	240g
Flaked Almonds 2)	15g	25g	30g
Sea Bass Fillets** 4)	2	3	4
Pantry	2P	3P	4P
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Water for the Couscous*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	659g / 2615 / 625	100g / 397 / 95
Fat (g)	21.5	3.3
Sat. Fat (g)	3.7	0.6
Carbohydrate (g)	72.4	11.0
Sugars (g)	23.0	3.5
Protein (g)	32.6	5.0
Salt (g)	1.27	0.19

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 **10)** Celery **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.

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Butternut

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks and pop 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 soft and golden, 25-30 mins. Turn halfway through.



Char the Courgette

Once toasted, transfer the **almonds** to a small bowl. Pop the pan back on high heat (no oil).

When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer **half** the **courgette** to the bowl of **dressing** and the other **half** to the pan of **couscous** (putting the lid back on after).

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Get Prepped

Meanwhile, trim the **courgette**, then quarter lengthways. Cut into 1cm chunks. Zest and halve the **lemon**.

Squeeze a little **lemon juice** into a medium bowl. Add the **olive oil for the salsa** (see pantry for amount) and season with **salt** and **pepper**.

Stir to combine, then set your **salsa dressing** aside.



Combine and Stir

Once the **butternut** has roasted, fluff up the **couscous** with a fork and stir through the **butternut** and **lemon zest**.

Taste and season with **salt**, **pepper** and **lemon juice** if needed. Cover with a lid to keep warm, then set aside.

Wipe out the frying pan if necessary, then pop back on medium-high heat with a drizzle of **oil**.



Couscous Time

Pour the **water for the couscous** (see pantry for amount) and **veg stock paste** into a saucepan and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.

Meanwhile, heat a large frying pan on medium heat (no oil).

Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.

TIP: Watch them like a hawk as they can burn easily.



Fry and Serve

Pat the **sea bass** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place the **fish** into the frying 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. The fish is cooked when opaque in the middle.

When ready, spoon the **couscous** into your bowls and place the **fish** on top.

Stir the **toasted almonds** through the **courgette salsa**, then spoon all over the **fish** to finish.

Enjoy!