



Sea Bass and Tarragon Sauce with Smashed Potatoes and Sugar Snap Peas

Calorie Smart Eat Me First • 40-45 Minutes • Under 650 Calories

28



Salad Potatoes



Tarragon



Vegetable Stock Paste



Sea Bass Fillets



Sugar Snap Peas



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, kettle, measuring jug, saucepan, frying pan, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Tarragon**	¼ bunch	½ bunch	½ bunch
Vegetable Stock Paste 10	10g	15g	20g
Sea Bass Fillets** 4	2	3	4
Sugar Snap Peas**	150g	300g	300g
Soured Cream** 7	75g	99g	150g

Pantry	2P	3P	4P
Boiling Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	383g	100g
Energy (kJ/kcal)	1575 /376	411 /98
Fat (g)	16.1	4.2
Sat. Fat (g)	6.4	1.7
Carbohydrate (g)	33.2	8.7
Sugars (g)	6.8	1.8
Protein (g)	24.2	6.3
Salt (g)	1.43	0.37

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

4) Fish **7)** Milk **10)** Celery

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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Start the Potatoes

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

Halve the **salad potatoes** widthways, then pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins - you'll roast them for longer once you've crushed them.



Fish to Fry

While the **smashed potatoes** roast, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **fish** with **salt** and **pepper**.

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:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.

Once cooked, remove from the heat and cover with foil to keep warm.

Scan to get your exact PersonalPoints™ value



Prep Time

Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Boil a full kettle, then pour the **boiling water for the sauce** (see ingredients for amount) into a measuring jug with the **vegetable stock paste**.



Make your Tarragon Sauce

Meanwhile, add the **sugar snaps** to the pan of **boiling water** and cook until just tender, 2-3 mins.

Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil** if you'd like.

While the **sugar snaps** cook, pop the (now empty) frying pan on medium-high heat and pour in the **stock** from your measuring jug. Boil until reduced by a third, 2-3 mins, then remove from the heat.

Stir in the **soured cream** and **tarragon**, then heat through until piping hot. Season to taste with **salt** and **pepper** if needed.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**.

Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.

Meanwhile, pop a large saucepan of **water** on to boil with ½ **tsp salt**.



Serve

When everything is ready, plate up the **sea bass** with the **smashed potatoes** and **sugar snaps** alongside.

Spoon over the **tarragon sauce** to finish.

Enjoy!