









Tikka and Coriander Marinated Sea Bass with Spiced Rice and Courgette

28

Calorie Smart Eat Me First • 25-30 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



-  Garlic Clove
-  Courgette
-  Coriander
-  Basmati Rice
-  Vegetable Stock Paste
-  Tikka Masala Paste
-  Sea Bass Fillets
-  Low Fat Natural Yoghurt

Pantry Items
Oil, Salt, Pepper, Sugar, 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

Garlic press, saucepan, lid, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Courgette**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Vegetable Stock Paste (10)	10g	15g	20g
Tikka Masala Paste	75g	112g	150g
Sea Bass Fillets** (4)	2	3	4
Low Fat Natural Yoghurt** (7)	75g	120g	150g

Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Salt*	¼ tsp	¼ tsp	½ tsp
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2511/600	676/162
Fat (g)	21.3	5.7
Sat. Fat (g)	4.0	1.1
Carbohydrate (g)	73.0	19.6
Sugars (g)	10.7	2.9
Protein (g)	28.1	7.6
Salt (g)	3.70	1.0

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Point™ 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.

Contact

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Get Prepped

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

Trim the **courgette**, then cut into roughly 2cm pieces.

Roughly chop the **coriander** (stalks and all).



Courgette Time

Lay the **sea bass** onto a board, skin-side down, and spread the **tikka marinade** over the flesh. Season with **salt** and **pepper**. Set aside.

IMPORTANT: Wash your hands and equipment after handling raw fish.

Heat a drizzle of **oil** in a large, preferably non-stick frying pan on medium-high heat.

Once hot, add the **courgette** and stir-fry until softened, 6-8 mins total.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.



Build the Flavour

Heat the **oil** (see pantry for amount) in a deep saucepan (with a tight-fitting lid) on medium heat.

Once hot, add the **garlic** and stir-fry until fragrant, 1 min.

Stir in the **rice**, **veg stock paste** and **half the tikka masala paste**. Cook until coated, 1 min.

Add the **sugar**, **salt** and **water for the rice** (see pantry for all three amounts).



Fish to Fry

Return your (now empty) frying pan to 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. **IMPORTANT:** The fish is cooked when opaque in the middle.



Cook the Spiced Rice

Bring the **rice** pan to the boil, then turn the heat down to medium and cover with the lid.

Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Meanwhile, in a small bowl, mix together **half the coriander**, remaining **tikka masala paste** and the **olive oil for the marinade** (see pantry for amount).



Finish and Serve

Once the **rice** is cooked, fluff it up with a fork.

Stir through the **cooked courgette** and **half the remaining coriander**. Season to taste with **salt** and **pepper**.

Serve the **rice** in bowls topped with the **sea bass**, a drizzle of **yoghurt** and the remaining **coriander**.

Enjoy!



Weight Watchers