



Winter-Warmer Sea Bass

with Tapas-Style Potatoes and Charred Peppers

PREMIUM 40 Minutes • 2 of your 5 a day

N° 13



Potato



Echalion Shallot



Garlic Clove



Yellow Pepper



Flat Leaf Parsley



Lemon



Mild Paprika



Sea Bass Fillets



Diced Chorizo



Tomato Passata



Honey



White Wine Vinegar



Baby Spinach



Garlic Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Two Baking Trays, Mixing Bowl, Frying Pan, Measuring Jug and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1½	2
Garlic Clove**	1	1½	2
Yellow Pepper**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	2
Mild Paprika	1 small pot	¾ large pot	1 large pot
Olive Oil for the Fish*	1½ tbsp	2 tbsp	3 tbsp
Sea Bass Fillets 4)**	2	3	4
Diced Chorizo 7)**	60g	90g	120g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
Honey	1 sachet	1½ sachets	2 sachets
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water for the Peppers*	50ml	75ml	100ml
Baby Spinach**	1 bag	2 bags	2 bags
Garlic Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	792g	100g
Energy (kJ/kcal)	3186 /762	402 /96
Fat (g)	41	5
Sat. Fat (g)	8	1
Carbohydrate (g)	61	8
Sugars (g)	19	2
Protein (g)	37	5
Salt (g)	2.95	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **yellow pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut 3 thin slices per person. Chop the rest into wedges



4. Finish the Sauce

Pour the **water** (see ingredient list for amount) into the pan. Add a pinch of **salt**, **pepper** and **sugar**, stir together then simmer the **sauce** until reduced, 4-5 mins. Once cooked, taste and add **salt** and **pepper** if you feel it needs it, then remove the **sauce** to a bowl and cover with foil. Wash your pan and pop back on high heat with a drizzle of **oil**.



2. Flavour the Fish

Pop the **potatoes** on a baking tray in a single layer. Drizzle with **oil**, a pinch of **salt** and **pepper**. Sprinkle over the **paprika** and toss to coat them in the **spice** and **oil**. Roast on the top shelf of your oven until golden, 25-30 mins, turn halfway. Put the **lemon zest** in a large bowl with the **olive oil** (see ingredient list for amount), a pinch of **salt** and **pepper** and **half** the **parsley**. Add the **fish** to the bowl, coat in the **mixture**.



5. Soften the Peppers

At this point you can pop your **fish** into the oven to bake on the middle shelf for 10 mins. Once the pan is hot, add the pepper and fry until nice and charred, 5 mins. Only stir twice in this time. Once charred, add the **honey**, **vinegar** and **water** (see ingredient list for amount) to the pan along with a pinch of **salt** and **pepper**. Reduce the heat to medium and cook until the pepper is really soft, 5-6 mins, stirring occasionally.



3. Finish the Fish

Lay the **fish** skin side up on a baking tray lined with baking paper. Pop three slices of **lemon** on the skin of each **fish** in a single layer and leave to one side. **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish! Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **chorizo**, stir fry until starting to brown, 2-3 mins. Add the **shallot**, stir-fry until soft, 2-3 mins. Add the **garlic** and cook for 1 minute, then carefully pour in the **passata**.



6. Finish and Serve

Stir the **spinach** into the **pepper** in handfuls until wilted. Once the **fish** is cooked, transfer to plates and cover with foil if everything else isn't quite ready. **IMPORTANT:** The fish is cooked when opaque all the way through. Serve the **peppers** and **spinach** alongside. Add the **potatoes** and then spoon the **bravas sauce** over the top of the **potatoes**. Top with a spoonful of **garlic mayo**, serve with a sprinkling of remaining **parsley** and a **lemon wedge**.

Enjoy!