



More Than Food
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Pan Seared Sea Bass with New Potatoes and Cucumber-Dill Relish

The star of this delicious summery dish is the sea bass from the guys over at J.K. Mayfair (who also supply fish to the Queen!). The trick with getting a crispy skin on your fish is to use a medium-hot pan, and while the skin is cooking, try not to move the fish...it's that easy!

 30 mins

 lactose free

 healthy

 gluten free



Cucumber (½)



Red Onion (¼)



New Potatoes (1 pack)



White Wine Vinegar
(1 tbsp)



Sea Bass Fillet (2)



Dill (2 tbsp)



Baby Gem Lettuce (1)

Ingredients

2 PEOPLE ALLERGENS

Cucumber, ribbons	½	
Red Onion, sliced	¼	
New Potatoes, quartered	1 pack	
White Wine Vinegar	1 tbsp	Sulphites
Sea Bass Fillet	2	Fish
Dill, chopped	2 tbsp	
Baby Gem Lettuce	1	

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

In medieval Europe it was once believed that dill protected against curses and witchcraft!

Nutrition per serving: Calories: 359 kcal | Protein: 33 g | Carbs: 38 g | Fat: 9 g | Saturated Fat: 2 g

1



1 Peel the outside green part of the **cucumber** and discard. Peel strips of **cucumber** lengthways all the way round (you won't need the squidgy seeds in the middle). Peel and very thinly slice a quarter of the **red onion** into half moon shapes (you want this as thin as your knife skills allow).

2



2 Mix the **cucumber** and **onion** slices with ¼ tbsp of **salt** and leave in a colander for 10 mins.
Tip: *If you don't like raw onion, leave it out at this stage and add it in at the end.*

4



3 Put a large pot of water on to boil with ¼ tsp of **salt**. Wash the **new potatoes** and cut into quarters. Cook in the boiling water for 10-15 mins or until just tender. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*

5



4 Squeeze the moisture out of the **cucumber** and **onion** (preferably between a few sheets of kitchen paper). Then rinse under cold running water. Mix the **vinegar** in a bowl with ½ tsp of **sugar** (if you have some) until dissolved. Add three-quarters of your dressing (keep the rest for later) to your **cucumber** and **onion** mixture in a bowl. Put in your fridge until needed.

5 Heat a large frying pan with 1 tbsp of **oil** over medium-high heat. When hot, add the **fish** skin-side down and season the flesh-side with **salt** and **pepper**. Cook for 3-4 mins then turn over and turn off the heat, letting the residual heat from the pan cook the other side.

6 Finely chop the **dill** and mix through your **cucumber** relish at the last moment. Taste for seasoning and add more **salt** or **pepper** as needed.

7 Make the salad by picking the leaves from the **baby gem lettuce** and adding a drizzle of **olive oil**, a small pinch of **salt** and **pepper** and the remaining dressing. Toss your **potatoes** in a drizzle of **olive oil** and another pinch of **salt** and **pepper** if needed. Serve your **new potatoes** topped with your seared **sea bass**, a generous helping of your **cucumber** relish and the **baby gem lettuce**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!