



Cajun Spiced Bass, with Sweet Potato & Cavolo Nero Mash and Chive Dressing

CLASSIC 35 Minutes • Very Hot! • 2 of your 5 a day



Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Sea Bass Fillet



Cajun Spice



Chopped Cavolo
Nero

Before you start

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

Basic cooking tools you will need:

Large Baking Tray, Fine Grate (or Garlic Press), Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Potato**	1	2	2
Sweet Potato**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Sea Bass Fillet 4)**	2	3	4
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Cajun Spice	1 small pot	¾ large pot	1 large pot
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Cavolo Nero**	1 small bag	1 medium bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	463g	100g
Energy (kJ/kcal)	2272 /543	490 /117
Fat (g)	22	5
Sat. Fat (g)	4	1
Carbohydrate (g)	64	14
Sugars (g)	11	2
Protein (g)	24	5
Salt (g)	0.46	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Chop the **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.

TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Cook the Greens

Heat a drizzle of **oil** in a frying pan on medium heat. Stir-fry the **cavolo nero** until softened, 4-5 mins. **TIP:** Add a splash of water and cover with a lid if necessary to help them along. When softened, add the **garlic** and cook for 1 minute more. Season with **salt** and **pepper** to taste. Transfer to a large bowl and cover with foil to keep warm. Wipe the frying pan clean with some kitchen paper, we'll use it to fry the fish.



2. Prep the Veggies

Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and finely chop the **chives**. **TIP:** You can snip the chives with scissors if it's easier.



5. Fry the Fish

Heat your (now empty) frying pan on medium-high heat (no **oil**). Add the **sea bass** to the pan skin side down and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP:** Don't move the fish while it's cooking skin side down or you won't get a crispy skin! **IMPORTANT:** The fish is cooked when opaque in the middle.



3. Marinate the Fish

Drizzle the **sea bass** with the **olive oil** for the marinade (see ingredients for amount). Season with **salt** and **half** the **Cajun spice** (don't use all of it!). Rub this onto both sides of the **fish**. In a small bowl, mix the remaining **Cajun spice** with **half** the **chives**, a pinch of **lemon zest**, a squeeze of **lemon juice** and the **olive oil** for the dressing (see ingredients for amount). Season with **salt** and keep to one side.



6. Finish and Serve

When the **potatoes** are cooked, add them to your bowl of **greens** and mash roughly with a potato masher (or a fork). It won't be smooth but it will be delicious - we call this a 'smash'. Mix in a knob of **butter** (if you want things extra delicious) and the remaining **chives**. Season to taste with **salt** and **pepper**. Serve your smash on plates topped with the **fish** and a drizzle of **dressing**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.