



Cheesy Crusted Sea Bass

with Roasted Potatoes and Honey Mustard Carrots

6

Classic Eat Me First • 35-40 Minutes • 1 of your 5 a day



-  Potatoes
-  Carrot
-  Honey
-  Wholegrain Mustard
-  Lemon
-  Garlic Clove
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Sea Bass Fillets
-  Mayonnaise

Pantry Item
Oil

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, zester, aluminium foil, bowl, baking paper and plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9)	17g	17g	34g
Lemon**	½	¾	1
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	10g	20g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Oil for the Breadcrumbs*	½ tbsp	1 tbsp	1 tbsp
Sea Bass Fillets** 4)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2396/573	464/111
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	59	11
Sugars (g)	16	3
Protein (g)	30	6
Salt (g)	1.52	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

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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Prep the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer on one half of your baking tray.



Prep the Fish

Lay the **sea bass**, skin-side down, onto a baking tray lined with baking paper. Spread **half** the **mayonnaise** over the **fish** and spoon the **breadcrumb mixture** on top. Press it down with a spoon. When the **veg** is halfway through cooking, drizzle the **fish** with **oil** and bake on the middle shelf of the oven until the **crumbs** are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*



Add the Carrots

Put the **carrots** on the other side of the baking tray. **TIP:** Use two baking trays if necessary. Drizzle the **carrots** with **oil**, **honey** and **wholegrain mustard**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Season, then toss to coat and spread out. Once your oven is hot, roast the **potatoes** and **carrots** on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Garlic Mayo

Meanwhile, once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add to a bowl with the remaining **mayonnaise** and season with **salt** and **pepper**. Mix well.



Mix the Cheesy Crumb

Meanwhile, zest and cut the **lemon** into wedges. Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Pop the **garlic parcel** onto the baking tray with the **veg** to roast until soft, 10-12 mins. Put the **panko breadcrumbs**, **lemon zest**, **grated hard Italian cheese** and **oil for the breadcrumbs** (see ingredients for amount) into a bowl. Mix to combine.



Serve

When everything is ready, serve the **sea bass** on your plates with the **roasted potatoes** and **honey mustard carrots** alongside. Serve with the **lemon wedges** for squeezing over and the **garlic mayo** for dipping.

Enjoy!