



Crispy Sea Bass

with Sticky Roasted Cauli and Potatoes

Calorie Smart 40 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

28



Potatoes



Cauliflower Florets



Spring Onion



Red Onion



Garlic Clove



Curry Powder



Mango Chutney



Sea Bass Fillets



Pantry Items
Water

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, garlic press, saucepan, frying pan and measuring jug.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Spring Onion**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Curry Powder 9)	1 pot	1 pot	2 pots
Water for the Sauce*	100ml	150ml	200ml
Mango Chutney	1 sachet	2 sachets	2 sachets
Sea Bass Fillets** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	1828 /437	330 /79
Fat (g)	10	2
Sat. Fat (g)	3	1
Carbohydrate (g)	61	11
Sugars (g)	18	3
Protein (g)	25	5
Salt (g)	0.50	0.09

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

4) Fish 9) Mustard

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.

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Get Ready to Roast

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve any large **cauliflower florets**.



Roast the Veg

Pop the **potatoes** and **cauliflower** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out into a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Finish the Prep

Meanwhile, trim and thinly slice the **spring onion**. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



Make the Sauce

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion** and stir-fry until softened, 2-3 mins. Add the **garlic** and **curry powder** and stir-fry until fragrant, 1 min. Stir in the **water for the sauce** (see ingredients for amount) and **mango chutney**, then season with **salt** and **pepper**. Bring to the boil, then reduce the heat slightly and simmer until the sauce is sticky and thickened, 2-4 mins. Remove from the heat. Taste and add **salt** and **pepper** if needed.



Fry the Fish

When 5 mins of roasting time remain, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **fish** with **salt** and **pepper**. 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:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Serve

Heat the **sauce** through and spoon over the **cauliflower** and **potatoes**. **TIP:** Add a splash more water if needed. Mix together until well combined, then divide between your bowls. Lay a **sea bass fillet** on top and finish with a sprinkle of **spring onion**.

Enjoy!

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4-12

