



Crispy Skinned Sea Bass with Salsa Verde, Green Beans and Potatoes

4

Classic Eat Me First • 30 Minutes • Little Spice • 1 of your 5 a day



Potatoes



Garlic Clove



Olives



Flat Leaf Parsley



Lemon



Sea Bass



Green Beans

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Wooden Spoon, Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1 clove	2 clove	2 clove
Olives	1 sachet	2 sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Green Beans**	150g	200g	300g
Sea Bass 4)**	2 fillets	3 fillets	4 fillets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	1896 /453	422 /101
Fat (g)	21	5
Sat. Fat (g)	4	1
Carbohydrate (g)	42	9
Sugars (g)	3	1
Protein (g)	23	5
Salt (g)	0.70	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Pop the Pots

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks. Pop them on a baking tray and drizzle with **oil**, season with **salt** and **pepper** and toss to coat then spread them out in a single layer well spaced apart. Put them on the top shelf of your oven and roast until golden, 25-30 mins. Turn halfway through cooking.



Prep

Meanwhile, peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil**, scrunch to enclose it. Add it to your **potato** baking tray and roast until soft, 10-12 mins, then carefully remove. Chop the **olives** as small as you can. Very finely chop the **parsley** (stalks and all). Halve the **lemon**.



Make the Salsa

Mix the chopped **parsley** with the chopped **olives**, **half** the **lemon juice** and the **olive oil** (see ingredients for amounts) in a small bowl. Stir it together thoroughly and leave to the side. **Tip:** A **fork works well for this!**



Fry the Beans

Trim the **green beans**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **green beans** to the frying pan and stir-fry until slightly charred, 3-4 mins. Add a splash of **water**, cover with a lid or some tin foil and steam fry until tender, 2-3 mins. Transfer to a plate and cover with foil to keep warm.



Time to Serve

About 6 mins before the **potatoes** are cooked, wipe out your frying pan and pop on medium-high heat. Add a drizzle of **oil** and once hot, lay in the **sea bass** skin-side down, season with **salt** and **pepper** 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.



Fry the Fish

Carefully remove your **garlic** from its **parcel** and mash with a fork. Add to the **olive salsa** and mix together. Serve the **sea bass** on plates with the **beans** and crispy **potatoes** alongside. Drizzle your **salsa verde** on top. Serve with any remaining **lemon** chopped into **wedges** for squeezing over.

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.