



# Crispy Sea Bass and Handcut Chips

with Homemade Tartare Sauce, Sugar Snap Peas and Zesty Salad

Street Food 35 Minutes • Little Spice • 1 of your 5 a day

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Potatoes



Garlic Clove



Lemon



Flat Leaf Parsley



Panko Breadcrumbs



Capers



Mayonnaise



Sea Bass Fillets



Premium Tomatoes



Sugar Snap Peas



Baby Leaves

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Garlic Press, Zester, Bowl, Baking Parchment, Bowl, Frying Pan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1	2
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko			
Breadcrumbs <b>13)</b>	25g	50g	50g
Olive Oil*	1 tbsps	1½ tbsps	2 tbsps
Capers**	15g	15g	30g
Mayonnaise** <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Sea Bass Fillets** <b>4)</b>	2	3	4
Olive Oil for the Dressing*	1 tbsps	1½ tbsps	2 tbsps
Premium Tomatoes**	125g	250g	250g
Sugar Snap Peas**	150g	300g	300g
Baby Leaves**	50g	75g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>569g</b>	<b>100g</b>
Energy (kJ/kcal)	2324 /555	409 /98
Fat (g)	25	4
Sat. Fat (g)	4	1
Carbohydrate (g)	57	10
Sugars (g)	7	1
Protein (g)	26	5
Salt (g)	0.97	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 8) Egg 9) Mustard 13) Gluten

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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HelloFresh UK

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## Roast the Chips

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop them on a large baking tray in a single layer. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and crispy, 25-30 mins, turn halfway through cooking. Meanwhile, peel and grate the **garlic** (or use a garlic press), leave to the side.



## Make the Salad

Squeeze **half the lemon juice** into a large bowl and add the **olive oil for the dressing** (see ingredients list for amount). Season with **salt** and **pepper** and mix together. Halve the **tomatoes** and pop them into the bowl with the **dressing**, toss together and set aside.



## Make the Tartare

Zest the **lemon** then cut into **wedges**. Finely chop the **parsley** (stalks and all) and put **half** of it into a bowl with the **lemon zest**. Add the **panko breadcrumbs** and **oil** (see ingredients for amount), season with **salt** and **pepper**. Set aside - this is for the **fish**. Finely chop the **capers** and put into another bowl with **three quarters** of the **mayo**, the remaining **parsley** and a squeeze of **lemon juice**. Mix together and season to taste with **salt** and **pepper**. This is your **tartare sauce**.



## Fry the Sugar Snaps

7 mins before the **fish** is cooked, heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **sugar snap peas** and season with **salt** and **pepper**. Stir-fry until slightly charred and tender, 5-6 mins. Add the **garlic** and stir-fry together with the **sugar snaps** for 1 more minute. Remove the pan from the heat.



## Prep the Fish

Lay the **sea bass** skin-side down on a baking tray lined with baking paper. Divide the remaining **mayonnaise** between the **fish** and spread over evenly, covering the top. Spoon the **breadcrumb mixture** on top of the **mayonnaise** on the **fish**. Press it down with a spoon and drizzle with **oil**. When the chips are about halfway through cooking, bake the **fish** on the middle shelf of the oven until the **crumbs** are golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*



## Finish and Serve

When everything is ready add the **baby leaves** to the **tomatoes** and toss together. Season the **chips** with **salt** and **pepper**. Serve the **fish** with the **chips** and **sugar snaps** alongside with a dollop of **tartare sauce** and a **lemon wedge**. Serve with your bowl of **salad** alongside.

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.