



Grilled Sea Bass with Creamy Tomato Pasta

Extra Rapid 10 Minutes • 1.5 of your 5 a day

27



Baby Plum Tomatoes



Lemon



Tarragon



Sea Bass Fillets



Crème Fraîche



Vegetable
Stock Powder



Fresh Tagliatelle



Pea Shoots

Before you start

All our fruit and veggies need a little wash before you use them.

Cooking tools, you will need:

Chopping Board, Sharp Knife, Frying Pan, Baking Tray, Saucepan and Colander.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	1	1	1
Tarragon**	1 bunch	1 bunch	1 bunch
Sea Bass Fillets 4)**	2 fillets	3 fillets	4 fillets
Crème Fraîche 7)**	150g	225g	300g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Pea Shoots**	1 bag	1 bag	2 bags
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	2425/580	550/132
Fat (g)	37	8
Sat. Fat (g)	14	3
Carbohydrate (g)	43	10
Sugars (g)	7	2
Protein (g)	27	6
Salt (g)	1.01	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 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, Soy, Gluten & Sulphites.

Contact

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1



2



3



Get Going

- Fill and boil your kettle for the pasta.
- Turn your grill on to high.
- Halve the **baby plum tomatoes**.
- Halve the **lemon**.
- Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Cook

- Heat a drizzle of **oil** in a large frying pan on a medium-high heat.
- When hot, add the **halved tomatoes** and cook, stirring frequently until softened, 2-3 mins.
- Meanwhile, pop the **sea bass fillets** on a lightly oiled baking tray skin-side up, drizzle on some **oil** and season with **salt**, grill on the top shelf until cooked through and the skin is crispy, 5-6 mins. **IMPORTANT:** *The fish is cooked when it is no longer opaque in the middle.*
- Once the **tomatoes** have softened, add the **crème fraîche**, **tarragon**, **stock powder** and **water** (see ingredients for amount) to the pan.
- Bring to the boil, turn down the heat and simmer until thickened, 3-4 mins.

Finish

- In the meantime, pour the boiling water into a saucepan on high heat. Add the **pasta** and 0.5 tsp of **salt** and simmer until tender, 3-4 mins.
- Drain in a colander and pop into the pan with the **creamy sauce**. Season the sauce to taste with **salt** and **pepper**.
- Pop the **pea shoots** into a small bowl with **half** the **lemon juice**, a pinch of **salt** and **pepper** and **oil** (see ingredients for amount). Mix into the dressing.
- Share the **pasta** between your bowls.
- Top with the **sea bass** and serve the **salad** alongside.

Enjoy!