



Pan Fried Sea Bass and Fresh Tagliatelle

with Asparagus, Fennel and a Mediterranean Tomato Salsa

N° 13

PREMIUM 35 Minutes • 2.5 of your 5 a day



Fennel



Shallot



Garlic Clove



Asparagus



Lemon



Premium Tomatoes



Parsley



Dill



Capers



Sea Bass Fillets



Fresh Tagliatelle



Butter

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Two Frying Pans and Measuring Jug.

Ingredients

	2P	3P	4P
Fennel**	1	1	2
Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Asparagus**	1 small pack	1 large pack	1 large pack
Lemon**	1	1	1
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Parsley**	1 bunch	1 bunch	1 bunch
Dill**	1 bunch	1 bunch	1 bunch
Capers	1 small pot	1 large pot	1 large pot
Olive Oil for the Tomato Salsa*	2 tbsp	3 tbsp	4 tbsp
Sea Bass Fillets 4)**	2	3	4
Fresh Tagliatelle 8) 13)	200g	300g	400g
Pasta Cooking Water for the Sauce*	150ml	225ml	300ml
Butter 7)**	30g	45g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	504g	100g
Energy (kJ/kcal)	2048 / 490	407 / 97
Fat (g)	24	5
Sat. Fat (g)	11	2
Carbohydrate (g)	40	8
Sugars (g)	8	2
Protein (g)	27	5
Salt (g)	0.50	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped!

Bring a saucepan of **water** to the boil with ½ tsp **salt** for the pasta. Cut the **fennel** in half lengthways, remove the triangle root in the middle, then slice thinly widthways. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **asparagus** then chop into thirds widthways. Zest and halve the **lemon**. Quarter the **tomatoes** and pop into a small mixing bowl. Roughly chop the **parsley** and **dill** (stalks and all).



4. Cook the Fish

Heat a drizzle of **oil** in a large frying pan over medium high heat. Add the **sea bass** to the pan 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.

IMPORTANT: The fish is cooked when *opaque in the middle*. Once cooked, remove from the pan, set aside and cover with foil to keep warm but don't wash up the pan!



2. Start Cooking!

Heat a large frying pan over medium heat with a drizzle of **oil**. Add the **fennel** and **shallot** and cook, stirring, until soft, 6-8 mins. Add the **garlic** and cook, stirring, for the final minute.



5. Finish Up!

While the fish is cooking, add the **pasta** (see ingredients for amount) and **asparagus** to the pan of boiling **water** and cook for 3 mins then drain in a colander. While the pasta is cooking, use a jug to scoop out **pasta cooking water** (see ingredients for amounts) and add this to the pan with the **fennel** then bring to the boil and add the **butter**, stirring until melted. Simmer until thickened slightly, 1 minute. Season with **salt** and **pepper**.



3. Make the Tomato Salsa

Meanwhile, add the **capers**, **half** the **parsley**, **half** the **lemon juice** and the **olive oil** (see ingredients for amounts) to the bowl with the **tomatoes** and season with **salt** and **pepper**. Mix well and set aside.



6. Finish and Serve!

Add the **drained pasta** and **asparagus** to the **sauce** along with the **lemon zest**, remaining **lemon juice**, **dill** and remaining **parsley**, mix well. Add another splash of **water** to loosen if you need to. Divide the **tagliatelle** between plates and top with the **seabass**. Spoon over the **tomato salsa**.

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.