



SEA BASS

WITH ROASTED SWEET POTATOES AND BRAZILIAN SALSA

SPECIALITY INGREDIENT



HELLO SWEET POTATO

The first Europeans to taste this delicious tuber were members of Columbus' expedition to Haiti in 1492.



Sweet Potato



Vine Tomato



Red Onion



Green Pepper



Coriander



Lime



Red Chill



Garlic



Sea Bass

Chef Andre takes a lot of his cooking inspiration from his French roots but this colourful and exotic dish was inspired by a recent trip he made to Brazil. In this bright and beautifully flavoured recipe, crispy skinned sea bass is served alongside roasted sweet potato, juicy green peppers and finished with a zesty salsa. Pair with a crisp Italian white wine like Greco Di Tufo and you're onto a weeknight winner!

35 mins

1 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Bowl, Grater, Frying Pan** and **Plate**. Now, let's get cooking!



1 ROAST THE SWEET POTATO

Preheat your oven to 200°C. Cut the **sweet potato** into 2cm chunks (no need to peel). Pop them on a baking tray and drizzle over a splash of **oil**. Season with a pinch of **salt** and toss well. Roast in your oven for 25 mins, turn halfway through cooking.



2 START THE SALSA

Chop the **vine tomato** into small chunks. Pop in a bowl and season with a pinch of **salt** and mix well. Halve and peel the **red onion**. Chop one half into small chunks and add to the **tomatoes**. Slice the other half into thin half moons. Remove the core from the **green pepper** and then slice as thinly as you can. Take a quarter of these slices and chop into small cubes. Add to the salsa.



3 FINISH THE SALSA

Roughly chop the **coriander** (stalks and all), zest the **lime** and add both to your salsa. Squeeze in the **lime juice** and stir in the **olive oil** (see ingredients for amount). Halve the **chilli** length ways, de-seed and thinly slice. **★ TIP:** Add a pinch to start with, taste and keep adding until you have the required level of heat. Keep the salsa to one side.



4 FRY THE VEGGIES

Peel and grate the **garlic** (or use a **garlic** press). Heat a frying pan on medium-high heat and add a splash of **oil**. When the **oil** is hot, add the **red onion** and **green pepper** slices. Cook, stirring frequently until soft, 5 mins. Lower the heat to medium and then add the **garlic**. Cook for 1 minute more and transfer to a plate, we will re-heat them later. Wipe the pan out with kitchen paper and prepare to cook the **sea bass**.



5 FRY THE BASS

Heat a splash of **oil** in the (now empty) frying pan on high heat. Season the **fish** with **salt** and **pepper** on both sides. Carefully, add the **fish** to the pan skin-side down and leave to cook for 3 mins. **★ TIP:** The edges of the fish will begin to brown to let you know that the skin is beginning to crisp up! After 3 mins, carefully turn and cook for another 2-3 mins. **! IMPORTANT:** The fish is cooked when the centre is opaque.



6 SERVE

Meanwhile, add the stir fried veggies to your **sweet potato** tray and warm through for 2 mins. When everything is ready, share the **sweet potatoes** between your plates in one layer. Nestle the **peppers** and **onions** in between and top with your crisp **sea bass fillet** (skin side up!). Spoon the salsa around, making sure to drizzle over the zesty juices. Serve immediately.

ENJOY!

2 PEOPLE INGREDIENTS

| | |
|-----------------------|---------|
| Sweet Potato, chopped | 1 |
| Vine Tomato, chopped | 2 |
| Red Onion, chopped | 1 |
| Green Pepper, sliced | 1 |
| Coriander, chopped | 1 bunch |
| Lime | 1 |
| Olive Oil* | 2 tbsp |
| Red Chilli, chopped | ½ |
| Garlic | 1 |
| Sea Bass | 2 |

*Not Included

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 712G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 450 | 63 |
| (kJ) | 1883 | 264 |
| Fat (g) | 6 | 1 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 75 | 11 |
| Sugars (g) | 26 | 4 |
| Protein (g) | 29 | 4 |
| Salt (g) | 0.54 | 0.08 |

PAIR THIS MEAL WITH

A crisp Italian White like a Greco Di Tufo

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

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