



Spanish Style Seabass

with Smoky Chorizo Potatoes and Garlicky Spinach

Extra Rapid 10 Minutes

27



Chorizo



Pre-Cooked Diced Potato



Smoked Paprika



Lemon



Garlic Clove



Parsley



Sea Bass Fillets



Baby Spinach



Mayonnaise

Before you start

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

Cooking tools, you will need:

Frying Pan, Fine Grater (or Garlic Press), Baking Tray and Saucepan.

Ingredients

	2P	3P	4P
Chorizo**	60g	90g	120g
Pre-Cooked Diced Potato**	300g	450g	600g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Lemon**	½	¾	1
Garlic Clove	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Sea Bass Fillets 4)**	2 fillet	3 fillet	4 fillet
Baby Spinach**	200g	300g	300g
Mayonnaise 8) 9)**	2 sachets	3 sachets	4 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	2155/515	489/117
Fat (g)	26	6
Sat. Fat (g)	6	1
Carbohydrate (g)	39	9
Sugars (g)	5	1
Protein (g)	31	7
Salt (g)	2.27	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 9) Mustard

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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Get Started!

a) Preheat your grill to high.

b) Heat a drizzle of **oil** in a large frying pan on high heat.

c) Add the **chorizo**, **potatoes** and **half** the **paprika** and fry, stirring occasionally, until golden brown, 8-9 mins.

d) Season with plenty of **salt** and **pepper**.

e) Meanwhile, zest and cut the **lemon** into wedges.

f) Peel and grate the **garlic** (or use a **garlic** press).

g) Roughly chop the **parsley** (stalks and all).

Cook the Fish!

a) Pop the remaining **paprika**, **lemon zest**, **half** the **parsley** and **olive oil** (see ingredients for amounts) into a bowl.

b) Mix and season with **salt** and **pepper**.

c) Pop the **sea bass fillets** into the bowl with the **paprika mixture** and turn to coat well.

d) Line a baking tray with foil and lay the **sea bass fillets** on it skin side up.

e) Cook under the grill until cooked through and the skin is crispy, 5-6 mins.

IMPORTANT: The fish is cooked when opaque in the middle.

Spinach Time!

a) Meanwhile, heat a drizzle of **oil** in a large saucepan over medium high heat and once hot add the **garlic** and cook, stirring, for 1 minute.

b) Add the **spinach** a handful at a time to the **garlic** pan with a splash of **water**, season with **salt** and **pepper** and cook, stirring, until wilted, 2-3 mins.

c) When everything is ready, stir the remaining **parsley** through the **potatoes**.

d) Divide the **potatoes**, seabass and **spinach** between your plates (making sure you leave the excess water from the **spinach** in the pan).

e) Serve with the **mayonnaise** and **lemon wedges** alongside.

Enjoy!