



4

# Cajun Sea Bass and Parsley Dressing with Herby Mash, Garlicky Green Beans and Tenderstem®

Classic Eat Me First • 20 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Flat Leaf Parsley



Green Beans



Garlic Clove



Lemon



Cajun Spice Mix



Sea Bass Fillets



Tenderstem® Broccoli

Pantry Item  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, zester, bowl, baking tray, frying pan, lid, colander and potato masher.

## Ingredients

|                             | 2P       | 3P       | 4P        |
|-----------------------------|----------|----------|-----------|
| Potatoes**                  | 450g     | 700g     | 900g      |
| Flat Leaf Parsley**         | 1 bunch  | 1 bunch  | 1 bunch   |
| Green Beans**               | 80g      | 150g     | 150g      |
| Garlic Clove**              | 1        | 1        | 2         |
| Lemon**                     | ½        | ¾        | 1         |
| Cajun Spice Mix             | 1 sachet | 1 sachet | 2 sachets |
| Sea Bass Fillets**          | 2        | 3        | 4         |
| 4)                          |          |          |           |
| Olive Oil for the Dressing* | 1½ tbsp  | 2½ tbsp  | 3 tbsp    |
| Tenderstem® Broccoli**      | 80g      | 150g     | 150g      |

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

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 434g        | 100g     |
| Energy (kJ/kcal)        | 1720 / 411  | 397 / 95 |
| Fat (g)                 | 16          | 4        |
| Sat. Fat (g)            | 3           | 1        |
| Carbohydrate (g)        | 44          | 10       |
| Sugars (g)              | 4           | 1        |
| Protein (g)             | 24          | 6        |
| Salt (g)                | 0.40        | 0.09     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Boil the Potatoes

- Put a large saucepan of **water** with **½ tsp salt** on to boil.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



### Prep the Veg

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lemon**.



### Season the Sea Bass

- Sprinkle **half** of the **Cajun spice mix** onto the **sea bass** (add less if you don't like heat).
- Season with **salt** and **pepper** and drizzle with **oil**.
- Rub the **seasonings** into the **fish**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Preheat your grill to medium-high.



### Make the Spicy Dressing

- Put the remaining **Cajun spice mix** into a small bowl (add less if you don't like too much heat).
- Add the **lemon zest**, then squeeze in some of the **juice**.
- Season with **salt** and then mix in **half** the **parsley** and the **olive oil for the dressing** (see ingredients for amount).
- Add more **lemon juice** to taste.



### Get Cooking

- Line a baking tray with foil. Pop the **sea bass**, skin-side up, onto the tray and grill until cooked through and the skin is crispy, 5-6 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Halve any thick **broccoli stems** lengthways.
- When hot, add the **green beans** and **Tenderstem® broccoli**. Stir-fry for 2-3 mins, then add the **garlic** and cook for 1 min more.
- Add a splash of **water**, then cover with a lid and allow to cook until the **veg** is tender, 2-3 mins.



### Finish and Serve

- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a splash of **milk** and a knob of **butter** (if you have any) and mash until smooth. Stir through the remaining **parsley**, then season to taste with **salt** and **pepper**.
- Share the **mash** between your bowls, then top with the **beans**, **broccoli** and **sea bass**. Finish with the **spicy parsley dressing**.

Enjoy!