



Sea Bass and Roasted New Potatoes

with Rainbow Chard, Asparagus and a Lemony Butter Sauce

N° 13

PREMIUM 35 Minutes • 1.5 of your 5 a day



Salad Potatoes



Asparagus



Lemon



Dill



Garlic Clove



Rainbow Chard



Sea Bass Fillets



Butter



Capers

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press) and Two Frying Pans.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Asparagus**	1 large pack	2 small packs	2 large packs
Lemon**	½	1	1
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Rainbow Chard**	1 pack	1½ packs	2 packs
Sea Bass Fillets 4)**	2	3	4
Butter 7)**	60g	90g	120g
Capers	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2287 /547	447 /107
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	35	7
Sugars (g)	6	1
Protein (g)	25	5
Salt (g)	0.89	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

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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Packed in the UK



1. Roast the Potatoes

Preheat your oven to 200°C. Halve the **potatoes** lengthways and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden and cooked through, 25-30 mins, turning halfway through.



4. Cook the Fish

While the **vegetables** are cooking, heat a drizzle of **oil** in another large frying pan over medium high heat. Season the **sea bass** with **salt** and **pepper** and once the **oil** is hot, carefully lay in the pan skin side down. Cook for 2-3 mins, then carefully turn over and continue to cook for 2 mins on the other side. **IMPORTANT:** *The fish is cooked when opaque in the middle.*



2. Get Prepped!

Meanwhile, trim the bottom 2cm off of the **asparagus** and discard. Cut into thirds widthways. Zest and halve the **lemon**. Roughly chop the **dill** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



5. Make the Sauce

Once the **fish** is cooked, transfer to your plates and cover with foil, don't wash up your pan! Wipe out the pan (careful, it's hot!) then return the pan to low heat. Squeeze in the **lemon juice** and gradually stir in the **butter** until melted and combined. Stir in the **dill** and **capers** - this is your sauce! Remove from the heat, taste and add **salt** and **pepper** if you feel it needs it.



3. Cook the Veg

About 15 mins before the **potatoes** are done, heat a drizzle of **oil** in a large frying pan over medium high heat. Add the **garlic** and **asparagus** and stir fry for one minute then add the **rainbow chard**, season with **salt** and **pepper** and mix well. Add the **lemon zest** and a splash of **water** then cover with a lid (or some foil) and cook until the **asparagus** and **rainbow chard** are tender, 4-5 mins. Lower the heat if you need to. Remove from the heat and set aside.



6. Serve!

Reheat the **veg** if necessary. Add the **potatoes** and **vegetables** to the plate with the **seabass** and spoon over the **buttery sauce**. Cut any remaining **lemon** into wedges and serve alongside for squeezing over.

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.