

# Sea Bass, Garlic Butter and Crushed Potatoes

## with Roasted Cherry Tomatoes

**hellóchef**

While this one's simple to prep, it's bound to impress!

Cals 565 • Prot 37 • Carbs 55 • Fat 24

Calorie Smart

⌚ 40 min

R11





## Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## Ingredients

Seabass and butter	2 ppl	3 ppl	4 ppl	
Seabass	330	525	660	Grams
Garlic cloves	3	4	6	Piece
Fresh parsley	15	15	15	Grams
Salted butter	50	100	100	Grams
Capers	20	30	40	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Side				
Potatoes	600	900	1200	Grams
Salt	1	1	2	Tsp
Cherry tomatoes	150	250	300	Grams
Olive oil	1	1	1	Tbsp
Vegetable oil	1	2	2	Tbsp

## Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, tree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



### 1 Boil potatoes

Preheat the oven to 200 °C/180 °C fan. Wash the **potatoes** and chop them into bite-size pieces. Cook them in a pot of salted boiling water for 15-20 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



### 2 Roast tomatoes

Meanwhile, place the whole **cherry tomatoes** on a large baking tray. Drizzle with **olive oil**. Give the tray a good shake until the **tomatoes** are coated. Roast for 25 min.



### 3 Prep

Meanwhile, peel and mince the **garlic**. Finely chop the **parsley** leaves.



### 4 Make garlic butter

Heat a pot or pan over a medium-low heat with the **butter** and **garlic**. Once melted, cook for 1 min. Add the chopped **parsley** and **capers** and cook for 1-2 min further. Make sure not to burn the **butter** or **garlic**! Set aside to infuse.



### 5 Roast potatoes

Place the drained **potatoes** on a second baking tray. Drizzle generously with **oil**, crush with a fork and season with **salt**. Bake, on the top shelf, for 20 min until crisp.



### 6 Fry seabass

Meanwhile, pat the **seabass** fillets dry with kitchen paper and season the skin with **salt**. Heat a pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabass**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1 min further. Serve the **seabass** alongside the **potatoes** and **tomatoes**. Drizzle the **potatoes** with the **garlic butter**.



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## Pro Tip

Boil the potatoes ahead of time! The cooler they are before roasting, the crispier they will go!

## Tips For Fussy Eaters

Leave the parsley and capers out!