

Seabass with Avocado Hollandaise and Asparagus

hellóchef

Enjoy this beautifully delicate white fish paired with an eye-catching smooth, green sauce.

Cals 892 • Prot 49 • Carbs 79 • Fat 47

Chef's Choice

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🕒 cook: 30 min

R3298



Before you start

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

Ingredients

Seabass 6*	330	525	660	Grams
New potatoes	500	750	1000	Grams
Fresh tarragon	15	15	15	Grams
Avocado	1	1	2	Piece
Thick asparagus	250	375	500	Grams
Lemon	1	1	2	Piece
Spring onion	40	40	80	Grams
Red vinegar	15	22	30	ML
Vegetable stock cube 15*	1	1	2	Piece
Butter 4*	50	50	100	Grams
Water	100	150	200	ML
Vegetable oil	1	1	2	Tbsp
Organic Eggs 5*	1	1	2	Piece
Black pepper	0.5	1	1	Tsp

Allergens

*6 Fish, *15 Celery, *4 Milk, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	3715 / 892
Fat (g)	47.2
of which saturates (g)	18.1
Carbohydrate (g)	79
of which sugars (g)	9
Fiber (g)	19.3
Protein (g)	49.1
Salt (g)	0.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil

Wash and roughly chop the **potatoes**. Add them to a pan salted boiling water. Cook the **potatoes** over a medium heat for 15-20 min until tender. Drain.



2 Prep

Meanwhile, pick the **tarragon** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Trim the **asparagus**. Juice the **lemons**. Very finely slice the **spring onions**.



3 Make reduction

Place the **spring onions** in a small pan over a high heat with {1/1/2} tbsp of the **lemon** juice, the **red vinegar**, **vegetable stock cube**, **butter** and **measured water**. Cook for 1 min. Set aside and keep warm.



4 Fry seabass

Pat the **seabass** fillets dry with kitchen paper and season the skin with salt. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the **seabass**, skin-side down. Once the **seabass** fillets are crispy, flip and cook for 1-2 min further.



5 Blend

Separate the **egg** yolks from the whites. Add the yolks to a food processor, discard the whites (see pro tip!). Add the **tarragon**, **avocado** and hot **spring onion** mixture. Reserve the pan (just give it a rinse!). Blitz until silky smooth. Season with **pepper**. This is your **avocado hollandaise**.



6 Serve

Return the rinsed pan to the heat with plenty of boiling water. Add the **asparagus** and cook for 3 min. Drain. Serve the fried **seabass**, drained **asparagus** and **new potatoes** alongside the **avocado hollandaise**.