



AUG
2016

Blackened White Bass

with Crispy Potatoes and Blistered Summer Vegetables

For a lighter preparation of the Southern take on battered fish, we're blackening a local Lake Erie fish with a potent mix of spices. A side of crispy roasted potatoes and caramelized vegetables complements the dish!



Prep
30 min



level 1



gluten
free



make me
first



dairy
free



White Bass Fillets



Mini Yukon
Potatoes



Red Bell
Pepper



Green Beans



Yellow
Onion



Lemon



Blackening
Seasoning



Cilantro



Garlic

Ingredients

	2 People	4 People
White Bass fillets	2	4
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)
Red Bell Pepper, sliced	1 pkg (185 g)	2 pkg (370 g)
Green Beans	1 pkg (113 g)	2 pkg (227 g)
Yellow Onion, sliced	1 pkg (113 g)	2 pkg (227 g)
Lemon	1	1
Cilantro	1 pkg (14 g)	1 pkg (14 g)
Garlic	2 cloves	4 cloves
Blackening Seasoning	1 pkg (1 tsp)	2 pkg (2 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

1) Fish/Poisson

Tools

Baking Sheet,
Large Non-Stick Pan

Nutrition per person Calories: 547 cal | Carbs: 50 g | Fat: 27 g | Protein: 37 g | Fiber: 10 g | Sodium: 435 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



1 Preheat your oven to 450°F. Start prepping when your oven comes up to temperature!

2 Bake the potatoes: Wash and cut the **potatoes** into 1/2-inch cubes. Toss them on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through, until golden-brown, 25-30 min.



3 Prep: Meanwhile, **wash and dry remaining produce**. Trim the ends off the **green beans**. Finely chop the **cilantro**. Cut the **lemon** into wedges. Mince or grate the **garlic**.

4 Blister the vegetables: Heat a drizzle of **oil** in a large non-stick pan over medium-high heat. Add the **green beans, onion, and bell pepper** and cook, stirring occasionally, for 7-8 min until softened and slightly blistered. Add the **garlic** and cook for 30 secs until fragrant. Stir in **half the chopped cilantro**. Transfer vegetables to a plate.



5 Cook the fish: In a small bowl, stir the **blackening seasoning** with a pinch of **salt, pepper** and a drizzle of **oil**. Rub the mixture on both sides of the **fish**. Add the **fish** to the pan over medium heat and cook 3-4 min per side, until cooked through.

6 Finish and serve: Plate the **potatoes** and **blistered vegetables**, then top with the **blackened fish**. Serve with **lemon wedges**, a sprinkle of the remaining **cilantro**, and enjoy!



Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [i](#) [o](#)

HelloFresh.ca | hello@hellofresh.ca