



Panko-Topped Sea Bass

with Roasted Veggies and Lemony Pesto Drizzle

Discovery Special 30 Minutes



Sea Bass
280 g | 560 g



Red Onion
113 g | 227 g



Butternut
Squash, cubes
170 g | 340 g



Panko
Breadcrumbs
¼ cup | ½ cup



Basil Pesto
¼ cup | ½ cup



Garlic Salt
¾ tsp | 1 ½ tsp



Lemon
1 | 2



Broccolini
340 g | 680 g



Mayonnaise
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **onion** into 1-inch pieces.
- Trim ends off **broccolini**, then halve **any larger stalks** lengthwise. Leave **thinner stalks** whole.
- Add **broccolini** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to a medium bowl. Season with **salt** and **pepper**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **pesto, mayo** and **lemon zest** to a small bowl, then stir to combine. (**NOTE:** This is your pesto mayo.)
- Reserve **half the pesto mayo** in another small bowl. Set aside.

2



Roast veggies

- Add **onions, squash** and **1 tbsp** (2 **tbsp**) **oil** to a parchment-lined baking sheet.
- Season with $\frac{1}{2}$ **tsp** (1 **tsp**) **garlic salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven, 10-11 min.
- Flip **veggies**, then add **broccolini** to the other side of the baking sheet. Return to the **middle** of the oven.
- Continue roasting until **all veggies** are tender, 10-11 min.

3



Make panko topping

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- Add **2 tsp** (4 **tsp**) **oil**, then **panko**. Toast, stirring often, until golden-brown, 2-3 min.
- Transfer **toasted panko** to a shallow dish.
- Season with **salt** and **pepper**, then toss to combine. Set aside.

4



Prep and cook sea bass

- Pat **sea bass** dry with paper towels. Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **garlic salt** and **pepper**.
- Arrange on an unlined baking sheet.
- Spread **pesto mayo** from one of the small bowls over **tops of sea bass**.
- Sprinkle with **toasted panko**, pressing gently to adhere.
- Roast in the **top** of the oven until **sea bass** is cooked through, 8-11 min.**

5



Make lemony pesto drizzle

- Add **1 tsp** (2 **tsp**) **lemon juice** to the other small bowl with **reserved pesto mayo**.
- Whisk to combine. Set aside.

6



Finish and serve

- Divide **roasted veggies** and **panko-topped sea bass** between plates.
- Drizzle **veggies** with **lemony pesto drizzle**.
- Squeeze a **lemon wedge** over top, if desired.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



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