

# Panko-Topped Sea Bass

with Roasted Veggies and Lemony Pesto Drizzle

Discovery Special

30 Minutes





280 g | 560 g





Butternut Squash, cubes



170 g | 340 g





**Basil Pesto** 



¼ cup | ½ cup

3/4 tsp | 1 ½ tsp



Lemon 1 | 2



340 g | 680 g



Mayonnaise 2 tbsp | 4 tbsp

Allengens 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. Cooking utensils | 2 Baking sheets, medium bowl, medium non-stick pan, measuring spoons, shallow dish, zester, parchment paper, 2 small bowls, whisk, paper towels



### 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 ½ 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.



#### Roast veggies

- Add onions, squash and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet.
- Season with ½ 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.



# 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.



# Prep and cook sea bass

- Pat **sea bass** dry with paper towels. Season with 1/4 tsp (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.\*\*



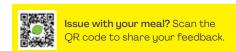
# Make lemony pesto drizzle

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



#### 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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil

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