



Piccata-Style Sea Bass

with Roasted Red Pepper Farro and Broccolini

Discovery Special 35 Minutes



Sea Bass



Farro



Broccolini



Roasted Red Peppers



Lemon



Capers



Parsley



Parmesan Cheese, shredded



White Cooking Wine



Vegetable Broth Concentrate



Garlic Salt

HELLO SEA BASS

This mild-tasting saltwater fish might have a bold aroma when cooking!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, strainer, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Sea Bass	280 g	560 g
Farro	½ cup	1 cup
Broccolini	170 g	340 g
Roasted Red Peppers	170 ml	340 ml
Lemon	½	1
Capers	30 g	60 g
Parsley	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
White Cooking Wine	4 tbsp	8 tbsp
Vegetable Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Cook farro

- Add **farro, broth concentrate** and **3 cups water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium.
- Cook uncovered until **farro** is tender, 16-18 min.
- When **farro** is done, drain, then return to the same pot, off heat. Cover and set aside to keep warm.



Cook sea bass

- Pat **sea bass** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil**, then **sea bass**, skin-side down. (**NOTE:** For 4 ppl, cook sea bass in 2 batches, using ½ tbsp oil per batch.) Cook until skin is crispy, 4-5 min. Flip and cook until **sea bass** is opaque and cooked through, 2-3 min.**
- Remove from heat, then transfer **sea bass** to another parchment-lined baking sheet, skin-side up. Place sheet in the **middle** of the turned-off oven to keep **sea bass** warm until ready to serve.



Prep

- Meanwhile, trim ends off **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Drain **roasted red peppers** over a small bowl, reserving **pepper liquid**. Pat **peppers** dry with paper towels, then cut into ¼-inch pieces.
- Using a strainer, drain, then rinse **capers** in warm water. Pat dry with paper towels.
- Finely chop **parsley**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).



Cook sauce

- Reheat the same pan over medium-low.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **cooking wine, capers, half the garlic salt, ½ tsp lemon zest, 1 tsp lemon juice** and **2 tbsp reserved red pepper liquid** (dbl all for 4 ppl). Cook, stirring often, until **sauce** reduces slightly, 1-2 min. Remove from heat.



Roast broccolini

- Add **broccolini** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 13-15 min. (**TIP:** Broccolini can burn quickly. Keep an eye on it!)
- Remove **broccolini** from the oven, then turn the oven off. (**NOTE:** The residual heat in the oven will keep the sea bass warm in step 4!)



Finish and serve

- Add **roasted red peppers, Parmesan, remaining garlic salt** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **farro**, then stir until **butter** melts, 1 min.
- Divide **farro, broccolini** and **sea bass** between plates.
- Spoon **sauce** over **sea bass**, then sprinkle **parsley** over top.

Dinner Solved!