



## Baked Orange & Honey Sea Bass with Spinach Lentils

Baking paper parcels are one of the best ways to cook fish. It keeps the flavour high but the clean up minimal. This method of cooking fish is so easy AND tastes wonderful. The citrus, sweet honey, and sharp mustard all work together to create a perfectly balanced, and flavourful dressing.

### Ingredients

- Sea Bass Fillet
- Orange
- Onion
- Lentils
- Garlic
- Vegetable Stock Cube
- Baby Spinach
- Wholegrain Mustard
- Fresh Parsley
- Honey

### Your Pantry

- Olive/Rapeseed Oil
- Baking paper

### Nutritional Info

Calories: 549 kcal  
Carbohydrates: 79 g  
Protein: 48 g  
Fat: 8 g

### Allergens

Fish (Sea Bass)  
Mustard (Mustard)  
Celery (Stock Cube)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Pre-heat the oven to 180C and boil the kettle.**

Combine the stock cube with 500ml boiling water and set aside 150 ml of stock per person.

### 2) **Flavour the lentils**

Peel and chop the onion and garlic. In a pot, fry the onion in a little oil for 2 minutes. Add the garlic and cook for 2 minutes. Add in the lentils and the stock. Cook the lentils for approximately 25 mins or until the lentils are cooked.

### 3) **Make the sea bass marinade**

Grate the zest of the orange into a bowl. Add the juice of the orange, the honey and mustard to the bowl and mix the ingredients together.

### 4) **Cook the sea bass**

Cut 1 piece of baking paper (per person) into a 20 cm square. Place the sea bass in the center of the paper and smear the marinade over the fish. Wrap up the fish in a little parcel. When the lentils are almost cooked, transfer the parcels to a baking sheet and bake in the oven for 5 to 8 minutes until cooked through.

### 5) **Add spinach to the lentils**

Remove the lentils from the heat, add the spinach and allow the spinach to wilt down.

### 6) **Plate the dish**

Remove the sea bass from the oven and serve alongside the spinach lentils. Sprinkle over some freshly chopped parsley.



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