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featured recipe!

Chilean Sea Bass Florentine

Serves 4

Ingredients

4 (5 oz) Chilean sea bass portions
1 tablespoons extra virgin olive oil
1 tablespoon salted butter
1 cup red bell pepper, chopped
2 cloves garlic, minced
9 ounces fresh baby spinach
2 ounces 1/3 less fat cream cheese
¼ cup half & half cream
3 tablespoons grated Parmesan cheese
kosher salt
fresh black pepper

Directions:

In a large skillet over medium heat, add 1/2 tablespoon of olive oil and 1/2 tablespoon of butter, the chopped red bell pepper, and garlic and cook for about 4 minutes.

Add spinach - season with a pinch of salt and pepper and mix until the spinach wilts down.

Add cream cheese, half & half, and parmesan cheese and mix well until cream cheese is melted and resembles creamed spinach.

Heat a separate skillet on medium high heat, add remaining oil and butter.

Season fish on both sides with salt and pepper and place on the hot pan.

Cook 6 minutes on first side then flip fish over and cook other side an additional 5 minutes, until cooked through and browned.

Divide the spinach mixture on the bottom of each plate and top with piece of fish.