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## Chilean Sea Bass with Butter & Herbs

Serves 2

### Ingredients

2 (5 oz.) Chilean Sea Bass portions

salt and pepper to taste

1 1/2 tablespoons of olive oil

### For the sauce:

2 tablespoons of butter

2 cloves of minced garlic

2 tablespoons of chopped herbs (dill, scallion, thyme, cilantro, and basil)

1 tablespoon of lemon juice

salt and pepper to taste

### Directions:

Preheat the oven to 400 degrees. Meanwhile, get a cast iron skillet hot by placing it over medium high heat.

Then, add in the olive oil. While it starts to heat through, season the fish with salt and pepper. Then, sear on one side until golden brown. This should take 2-3 minutes. Then, flip and place in a hot oven.

When the fish has cooked through, remove it from the oven and place on a plate. In the same skillet, add in the butter, minced garlic, chopped herbs, lemon juice and salt and pepper. Cook for about 2 minutes on high heat and then spoon the sauce over the fish.

Serve with your favorite roasted vegetable like roasted broccolini sprinkled with garlic and sea salt.