

Herb & Pesto Sea Bass

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This easy sea bass dish is full of flavour but requires very little effort, making it great for a midweek supper. Make your own pesto if you like, or just use some shop bought pesto.

Ingredients:

2 x 125g sea bass fillets, skinned and boned
1 tbsp. chilli oil
Salt and pepper
2 tbsp. freshly chopped chervil
125g pesto

Directions:

1. Make slashes in the sea bass fillets. Rub all over with the chilli oil, salt and pepper, and stuff the slashes with the chervil.
2. Fry on a preheated griddle pan for 4-5 minutes on either side until flaking gently.
3. Let the pesto down with a little water until the consistency is runny. Heat it gently in a small saucepan, then spoon over the cooked sea bass fillets.

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