

Lemony Sea Bass with Soya Bean Mash

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This is a super healthy dinner that still has enough flavour to keep you wanting more. It's also an excellent use of butter beans - just blend them with stock, oil, lemon juice and basil for a healthy yet delicious mash.

Ingredients:

2 x sea bass fillets, skinned and boned
Zest and juice of one lemon
1 x 400g tin butter beans, drained
100ml chicken stock
1 garlic clove
1 bunch basil
Salt and pepper
1 tbsp. olive oil

Directions:

1. Place the fish fillets into a baking tray. Top with the lemon zest, olive oil and salt and pepper. Bake in a 180C oven for 8-10 minutes until flaking gently.
2. Meanwhile, blend beans, stock, garlic, basil, salt and pepper and lemon juice in a blender until smooth. Once smooth, tip into a saucepan and heat through. Once warm, spoon onto plates and serve with the cooked lemony fish.

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