

Sea Bass with Chorizo Sauce

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Because sea bass is a good meaty fish, it stands up well to other flavours - you can serve it with lots of spicy things without really overpowering it too much. This easy chorizo sauce is an excellent choice, plus it is a doddle to make.

Ingredients:

2 x sea bass fillets, skinned and boned
1 x 400g chopped tomatoes
1 garlic clove, minced
4 slices chorizo
Olive oil
Pinch each salt and pepper

Directions:

1. Slice the chorizo into matchsticks. Fry for a couple of minutes in a dash of oil until it starts to release oils, then remove from the pan, leaving the oil behind. Place into another pan with the garlic clove, tomatoes, salt and pepper. Simmer for 15 minutes.
2. Season the fish well with salt and pepper. Fry in the chorizo oil for 4-5 minutes on either side, until gently flaking. Serve with the sauce spooned over.

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