

Sea Bass with Spicy Sweet Mango Sauce

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This recipe combines sea bass, cooked very simply with oil, salt and pepper, and a sweet and spicy mango sauce made with mango, honey, chilli and butter. Serve with a rice pilaf or even some spicy potato wedges.

Ingredients:

4 x 175g sea bass fillets, skinned and boned
50g butter
1 tbsp. olive oil
Salt and pepper
1 shallot
1 mango
1 tbsp. runny honey
4 tbsp. white wine
2 tbsp. olive oil
1 tsp. dried crushed chillies

Directions:

1. Prepare the sauce: Finely chop the shallot. Slice the mango in half around the stone, remove the stone and then dice the flesh. Melt the butter in a saucepan. Add the shallots and cook for 5 minutes until softened and translucent. Add the mango, honey 2 tbsp. oil, wine, chillies and salt and pepper. Simmer for ten minutes whilst preparing the fish.
2. Season the fish inside and out with salt and pepper and brush with the remaining tbsp. oil. Fry for 8-10 minutes in a hot frying pan. Turn over halfway through cooking. Serve the sauce spooned over the fish.

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