

Maria's Pan Seared Sea Bass with Tomato & Olive Salsa



FEATURED IN KEEPING CONNECTED 07



Ingredients:

800 g small charlotte potatoes

8 tablespoon extra virgin olive oil

2 tablespoons red wine vinegar

200 g cherry tomatoes

100 pitted kalamata olives

2 cloves garlic

25 g pack flat leaves parsley

4 sea bass fillets (skin on) approximately 100 g per fillet

Small bag (approximately 100 – 120 g) washed rocket leaves

A little extra olive oil to fry the sea bass

Freshly ground salt & black pepper

Method:

1. Preheat the oven to 200 c / Gas Mark 6
2. Wash the potatoes and slice into thin 0.5 cm. rounds
3. Place the potatoes in a large baking tin then drizzle over 2 tablespoons of the olive oil and season with salt and pepper. Mix thoroughly so that all the potatoes are lightly coated with the oil then roast in the oven for 20 minutes
4. Roughly chop the olives
5. Finely chop the garlic
6. Wash and quarter the cherry tomatoes
7. Wash the parsley then discard the tough woody stalks and finely chop the rest.
8. In a small mixing bowl combine the olives, garlic, tomatoes, parsley and the remaining 6 tablespoons oil to make the salsa. Mix well and season generously.
9. Remove the potatoes from the oven and stir through $\frac{3}{4}$ of the salsa then return to the oven for a further 15 – 20 minutes until the potatoes are crispy and lightly browned.
10. Drizzle the sea bass with a little more olive oil and season both sides of the fish well.
11. Heat a frying pan then place the fish skin side down and cook without moving for 5 minutes until the skin is crisp.
12. Using a fish slice carefully turn the fish over then remove the pan from the heat.
13. Remove the potatoes & salsa from the oven and stir through all but a small handful of the rocket
14. Divide the potato / salsa / rocket mixture between four warm plates
15. Top each plate with a sea bass fillet, skin side down, and finish with the remaining salsa and rocket to garnish.