

PAN-FRIED SEABASS WITH PICKLED SALSA

Whole seabass, pan-fried dressed with a zesty, pickled salsa.



PREP TIME
20 MIN



COOK TIME
15 MIN



SERVINGS
2



Ingredients

- 1 whole seabass, head removed
- For the Salsa:
- 2-3 pickles, diced
- 100g cucumber, diced
- 1 tomato, seeded and diced
- 50g red onion, diced
- 1/2 jalapeño, diced
- 1-2 cloves garlic, minced
- 1tbsp chopped fresh dill or tsp of dried
- 50g [Blenders Hot Sauce](#)
- 50ml pickle brine, from the pickle jar
- Salt and pepper, to taste

Allergens

Contains Fish

Method

1. Make sure the seabass is clean and dry. Season with salt and pepper inside and out.
2. In a medium/hot pan seal the fish on both sides for 2 minutes and put it in the oven at 180c for 6 minutes or until fully cooked.
3. While the fish is in the oven, mix all the salsa ingredients together, taste and season if needed.
4. Remove the seabass from the oven and rest for 2 minutes then serve with the salsa.

