



## PAN-FRIED SEA BASS WITH SPICED POTATOES



MINUTES TO PREPARE

5



MINUTES TO COOK

40



SERVES

2

### INGREDIENTS

**300g new potatoes**, cut in half  
**1 teaspoon ground turmeric**  
**1 teaspoon coriander seeds**  
**1/2 teaspoon fennel seeds**  
**1/4 teaspoon cumin seeds**  
**1 clove garlic**, peeled  
**1 pinch of Maldon sea salt**  
**2 tablespoons cold pressed rapeseed oil**  
**1/2 stick celery**, thinly sliced  
**2 spring onions**, finely chopped  
**Juice of 1/4 lemon**  
**Large handful of fresh coriander leaves**, finely chopped  
**2-4 fillets sea bass**, depending on size

*You will need a pestle and mortar, a frying pan, a mixing bowl and a small roasting pan.*

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the new potatoes in a saucepan and cover with water. Bring to the boil and cover. Cook for 20 minutes or until they have semi-softened.
- 3 Place the spice seeds, garlic and turmeric in a pestle and mortar then pound to a coarse paste. Add Maldon sea salt and a tablespoon of rapeseed oil and mix.
- 4 Once the potatoes are semi-soft (you can check by inserting a knife which should go in part way), drain and place in a mixing bowl. Scoop over the spice paste and stir well. Return to the roasting pan and pop back in the oven for a further 10 minutes.
- 5 After 10 minutes, remove the potatoes from the oven once more and add the celery and spring onion slices. Mix well and return to the oven for a final 10 minutes.
- 6 Meanwhile, cook the fish. Season the sea bass fillets with a pinch of Maldon sea salt and freshly ground black pepper.
- 7 Heat a tablespoon of rapeseed oil in a large non-stick frying pan over a high heat. Place the sea bass fillets in, skin side down. Cook for 4 minutes, or until the skin begins to crisp and the flesh on the sides of the fillet starts turning opaque (white not translucent.)
- 8 Using a spatula, carefully flip the sea bass fillets and cook for a further 4 minutes, flesh side down. The fish is cooked when it flakes apart with a fork and is completely opaque in colour. Remove the pan from the heat and carefully lift the sea bass onto plates.
- 9 Once the potatoes have cooked for their final 10 minutes with the celery and spring onions, remove them from the oven. Squeeze over the lemon juice and stir through the finely chopped fresh coriander leaves.

Serve with green beans and a dollop of mayonnaise, garlicky Greek yoghurt or rebalance guacamole.