






**More Than Food**

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## Sumptuous Sea Bass with Tomato Concasse & Crispy Potatoes

World-renowned people generally all have one thing in common: a legacy. For Henry Ford it was the motor car, for Thomas Edison it was the light bulb. For our intern Simon, it was this lip-smackingly awesome sea bass. Taking the warm crunchiness of potatoes against the fresh southern asian flavours of fish with coriander, ginger and lime, it's the perfect dish for transporting your taste buds. Add your fish sauce gradually for an authentic asian spin!



35 mins



gluten free



lactose free



healthy



Garlic Clove



Onion



New Potatoes



Coriander



Ginger



Vine Tomato



Sea Bass Fillet




Lime



Fish Sauce

Ingredients

	2P	4P
Garlic Clove, chopped	2	4
Onion, chopped	½	1
New Potatoes, halved	1 pack	2 packs
Coriander, chopped	3 tbsp	5 tbsp
Ginger, chopped	½ tsp	1 tsp
Vine Tomato, chopped	2	4
Sea Bass Fillet 1	2	4
Lime	½	1
Fish Sauce 1	1 tbsp	2 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Fish

**Nutrition per serving:** Calories: 324 kcal | Protein: 29 g | Carbs: 43 g | Fat: 4 g | Saturated Fat: 1 g



**1** Boil a medium-sized pot of water and pre-heat your oven to 200 degrees. Peel and finely chop the garlic and half the onion. Chop the new potatoes in half. Finely chop the coriander.



**2** Hold the ginger with one hand and take a small spoon with the other. Drag the edge of the spoon across the skin of the ginger to peel it. Discard the skin and finely chop the ginger.



**3** Toss the potatoes in 1 tbsp of olive oil and a sprinkle of salt and pepper. Place on a baking tray and cook on the top shelf of the oven. Cook for 25 mins or until crispy and cooked through. **Tip:** *Shake the baking tray every 10 mins for even crispiness!*



**4** Slice just through the skin of each tomato from the top to the bottom. Repeat three more times around each tomato so that the skin is sliced into four segments. Place the tomatoes in the boiling water for 60 seconds. Remove and run under cold water.

**5** Peel the skin from the tomatoes (the segmenting makes this

easier). Chop the tomatoes into little cubes. **Tip:** *French chefs call this ‘concasse’, but we just call it chopped tomato.*

**6** Heat 1 tbsp of olive oil in a frying pan on medium-low heat. Add the garlic and onion and cook for 5 mins until soft. Add the tomato, turn the heat to low and bubble away for 15 mins. **Tip:** *Add a tbsp of water now and again if the sauce starts to dry out.*

**7** Heat 2 tsp of olive oil in another frying pan on medium-high heat. Sprinkle a pinch of salt onto both sides of the sea bass and place in the pan skin side-down. Cook for 2 mins until the skin has crisped up then gently turn over. Add 1 tsp of butter (if you have it) and a squeeze of lime to the pan then remove the fish from the heat. **Tip:** *The fish will carry on cooking off the heat.*

**8** Add the ginger, fish sauce and 2 tbsp of the chopped coriander to the tomato concasse. **Tip:** *Add the fish sauce bit by bit to taste as it’s quite strong.* Serve everything together with a glass of something cold and refreshing. Sprinkle over the remaining chopped coriander.