



## Seared Sea Bass



### Ingredients

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Sea Bass (1 lb)

Baby spinach (1 lb)

Garlic (2 cloves)

Tomatoes (12-14 cherry tomatoes)

Butter (2 tbsp)

Thyme (1/4 tsp)

Lemon zest (1 ½ tsp)

Lemon juice (1 ½ tbsp)

Salt (just a pinch)

Ground pepper (just a pinch)

Olive oil (2-3 tbsp)

### How to Prepare

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Bring fish to room temperature. Next, cut tomatoes in halves. Take garlic and cut into thin slices. In a medium-sized frying pan, on medium heat, put olive oil, tomatoes, and garlic in and stir. Zest lemon and then cut in half for lemon juice. When tomatoes and garlic are soft, add in salt, pepper, just a pinch of thyme, 1 tablespoon of butter and lemon zest in. As soon as butter is melted, add in spinach and cover. Put a cast iron pan on medium heat. Put a light drizzle of olive oil over the fish, put some salt, pepper and thyme on both sides of fish. When spinach is done and cooked down, remove from heat, stir and re-cover. In the cast iron pan, put about 1 tablespoon of olive oil in and put the skin part of the fish down in the pan first. After about two minutes, flip over. When fish is almost done, add butter and lemon juice right on the fish. To prep plate, put tomatoes and spinach down and place sea bass on top. Drizzle a little bit of the juice from the sea bass over the top and enjoy!

*Bon Appétit!*