

Sea Bass, Grilled Courgette, Lemon & Hazelnut



Serves 2

Prep 15 mins

Cooking 25 mins

Easy

Ingredients

2 large courgettes (1 yellow & 1 green), sliced
2 fillets sea bass (about 150g -180g each), scaled & pin-boned
oil
20g hazelnuts, crushed
butter
1/2 lemon, zested & juiced
50ml fish stock
a handful of mint leaves, chopped

1. Season the courgette slices well, and put under a grill or in a pan on a high heat with just a tiny bit of oil. Char on both sides, remove from the pan, and cover with foil to keep warm.
2. Cut the sea bass fillets in half down the middle so you get two long, thin fillets, and season liberally with salt. Put, skin-side-down, in an oiled non-stick pan, on a high heat for 4-5 minutes. Flip the fish over for one minute to continue cooking, then remove and leave to rest somewhere warm.
3. In the same pan as the fish, add the hazelnuts and a knob of butter. Cook the nuts until golden brown, then add the lemon juice and zest followed by the fish stock.
4. Reduce the sauce until it has thickened, and add the mint at the last minute. Arrange the courgettes on four plates with the sea bass on top. Pour the sauce over the plate and serve with new potatoes.