

Seabass Pasta with Tomato Sauce



Serves 4 Prep 5 mins

Cooking 20 mins

Easy

Ingredients

For the sauce (or use Isle of Wight Passata)

30ml olive oil

50g Isle of Wight Slow-roasted Tomatoes 1 shallot, peeled and diced

Few basil leaves

1 tbsp tomato paste

For the seabass

200g seabass

1tbsp vegetable oil

1tbsp butter

Salt and pepper

Orecchiette pasta (use Barilla) for 2 people (about 100g)

1. Place the seabass skin side down in a drizzle of olive oil and panfry for 2 minutes. Flip over and cook for another 2 minutes.
2. Bring a pan of water to the boil and cook the pasta as per instructions (about 12 mins) and drain.
3. **For the sauce:** pop the oil into a pan, add the shallot cook for 2 mins. Then add the tomato paste, herbs and 3 tbsp of pasta water to combine. Add salt & pepper.
4. Add the pasta into the pan with the sauce and combine. Stir through the Slow-roasted Tomatoes to finish.
5. To serve, spoon the pasta onto the plates and finish with the seabass, cut into 3 pieces per person