

Seabass with Asparagus & Jersey Royals



Serves 4

Prep 25 mins

Cooking 25 mins

More effort

Ingredients

Make your own mayo or use bought mayonnaise

2 egg yolks

zest & juice ½ lemon, + wedges to serve

250ml olive oil, plus extra for drizzling

500g Jersey Royal potato

500g asparagus, trimmed

small bunch chives, snipped

For the sea bass

3 tbsp extra-virgin olive oil

3 thyme sprigs, leaves picked

4 x 140g sea bass fillets

1. Put the egg yolks in a large bowl with a pinch of salt and the lemon zest & juice. Whisk to combine. Slowly add the oil, whisking constantly, until the mixture thickens to a mayonnaise and all the oil is used. Taste and add salt, white pepper and additional lemon juice, if needed. Transfer to a small bowl, cover and chill until required or use bought readymade bought mayonnaise
2. Put the potatoes in a medium-sized pan, cover with lightly salted water, put on the lid and bring to the boil. Remove lid and cook until tender. Drain, toss with a drizzle of oil, set aside and keep warm.
3. Meanwhile, cook the asparagus in a large pan of boiling salted water for 3-5 mins until tender. Drain, then drizzle with oil and set aside to keep warm.
4. **For the sea bass**, heat the grill, pour 2 tbsp of the oil into a frying pan set over a medium heat, add the thyme, and cook for 1-2 mins. Sprinkle a little salt and pepper into the pan, add the fish, skin-side up, cook for 2-3 mins, then remove from the heat. Drizzle with the remaining oil, then cook under the grill for about 4 mins until the skin blisters and the fish is cooked through. Keep the fish warm while you finish the veg.
5. Thickly slice the potatoes and arrange a layer in the middle of each of 4 dinner plates. Scatter the asparagus over the potatoes, squeeze over some lemon juice and finish with a grind of black pepper. Top each plate with a fillet of sea bass, finishing with a dollop of mayonnaise and the snipped chives.