



Chilean Sea Bass with Pesto Tomato Sauce and Pearl

Preparation Time: 8 mins

Cooking Time: 20 mins

Serves: 2

Difficulty: Easy

INGREDIENTS

2 x 5oz Chilean Sea Bass or other white fish, like cod
½ cup toasted pearl cous cous
1 ¼ oz/8 teaspoons basil pesto
1 scallion/green onion, sliced (separate white part from greens)
1 tablespoon Italian seasoning
2 vegetable stock concentrate sachets
2 kale leaves (remove thick center) and roughly chop
½ cup grape/cherry tomatoes, halved
3 tablespoons of water
1 tablespoon butter
Olive oil

Notes

Tilapia, sea bass, cod, halibut and barramundi are all good options. Barramundi is great but harder to source here in the U.S.

DIRECTIONS

1. Preheat oven to 425f.
2. Line a baking tray with foil.
3. Bring 1 ¼ cups of water to boil in a small saucepan, add 1 vegetable stock sachet, then add pearl cous cous. Reduce heat and simmer for 11 – 14 minutes until al dente.
4. Pat dry fish, season with salt and pepper and coat in Italian seasoning. Rub in to coat.
5. Lightly oil baking tray. I use olive oil spray. Place in oven and cook for 15-18 minutes.
6. In a small pan, add olive oil and white part of scallions, and sauté for 1-2 minutes until they have softened, stirring constantly.
7. Add tomatoes and the other vegetable stock sachet, and a tablespoon of water. Stir to combine and cook for 2-3 minutes.
8. Stir in the basil pesto and butter, cook for 1 minute.
9. In a large pan, add a dash olive oil, kale, green part of spring onion, and 2 tablespoons of water, cooking until kale is wilted.
10. Remove from heat and add in cous cous and stir until mixed well.
11. Plate cous cous and kale mix, overlay with fish and drizzle with pesto tomato sauce.

Notes

You can have the fish and cous cous cooking at the same time and have your dish ready in less than 20 minutes. Key is preparation – having everything ready!