



cara price

SEA BASS WITH CAULIFLOWER & OLIVES

INGREDIENTS

- 1.5-2 pounds wild sea bass {with skin}, cut into 4 even pieces
- 2 cups cauliflower, cut into bite size pieces
- 1 shallot, sliced thin
- 1 cup greek style mixed olives or kalamata olives {pitted}
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup fresh basil leaves, torn
- 2 tablespoons ghee
- 2 teaspoons seafood seasoning, divided

DIRECTIONS

in a large sauté pan, heat olive oil over medium-high. place cauliflower & shallot in the pan & sprinkle with 1/2 teaspoon of seafood seasoning. sauté vegetables for 5-7 minutes.

move veggies to outer edge of pan & place the ghee in the open area allowing it to melt before putting the sea bass {skin side down} in the center of pan. sprinkle the remaining seafood seasoning evenly over the fish.

sear the fish for 3 minutes, then pour the lemon juice into the pan & evenly distribute the olives over the vegetables.

cover with a lid for 5-7 minutes. {check to make sure fish is done at this point} then spoon lemon juice from bottom of the pan over the fish filets & top with fresh basil.

serve immediately.