

HOT LEMON PINEAPPLE



The Chilli Club

IT'S HOT.

Our hot lemon pineapple sauce packs a lot of flavour. From the sweetness of the pineapple, to the spice of the habaneros, this sauce is hot.



Pan-fried Sea Bass



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Ingredients (serves 2):

-2 sea bass fillets (we recommend paying a visit your local fishmonger)

-2 large potatoes

-200g tenderstem broccoli

-1 lemon



Step 1 - Heat oven to 200 degrees celsius.

Step 2 - Cut your potatoes into chip-size chunks to your preference.

Step 3 - Place chips in a baking tray with a dirzzle of oil and season to taste then cook for 20-30 minutes.

Step 4 - Heat a pan of water to boiling water ready for your tenderstem broccoli. Once boiling add your broccoli and cook to your liking.

Step 5 - Heat a pan with a little oil over a medium heat and cook your sea bass fillets with a spirnkle of seasoning.

Step 6 - Once it's all ready squeeze a little lemon juice over you sea bass and finish with a topping of your hot lemon pineapple sauce.

