



NEW RECIPE

**Peri Peri Pan Fried Sea Bass
with Coconut and Lime Rice
and Mixed Greens**



Ingredients

Serves 2

- Two sea bass fillets
- Peri peri seasoning
- Two portions of steam fresh frozen mixed greens per person
(broccoli peas green beans and similar mixes)
- One pack microwave coconut and lime rice
- Olive oil or spray oil
- Lime wedge optional for serving

Method

1. Season the fish

Dust both sides of the sea bass fillets with peri peri seasoning.

2. Cook the greens

Steam two portions of mixed greens per person in the microwave or on the hob.
No chopping needed they are already the perfect size.

3. Cook the rice

Microwave the coconut and lime rice according to the packet instructions.

4. Pan fry the sea bass

Warm a little oil in a pan.

Place the sea bass fillets skin side down and cook for around three to four minutes until the skin turns crisp.

Flip and cook for another one to two minutes until the fish is tender and flaky.

5. Build your bowl

Spoon the warm rice into the pan or serving bowls.

Top with the steamed greens.

Lay the sea bass fillets over the top and let the flavours come together naturally.

6. Serve

Finish with a squeeze of lime if you want extra brightness.

Simple satisfying and packed with fresh flavour.

