THE TIMES

Sea bass with tomato, chorizo and butter beans



Sea bass with tomato, chorizo and butter beans Romas Foord

Mimi Spencer

Published at 5:09PM, March 15 2014

Serves 2; 385 calories per serving

2 sea bass fillets, about 200g each
30g chorizo sausage, roughly chopped
10 cherry tomatoes, halved
1 garlic clove, crushed
tsp dried parsley
400g tin butter beans
Salt and pepper
250g baby spinach
Squeeze of lemon
Cooking oil spray
Fresh parsley, chopped, and lemon wedges

1 Season fillets and score skin to prevent it curling during cooking. Fry chorizo in a dry pan until it releases its oil, flavour and colour. Add tomatoes, garlic and parsley and cook for 2 minutes, until tomatoes soften.

- 2 Add butter beans and simmer for 2 minutes so they are heated through. Add spinach and lemon juice for the final minute of cooking, then remove from the pan and set aside.
- **3** Spray a little cooking oil in the same pan and when hot, sear the sea bass skin side down for 3 minutes or until crisp. Flip it over and cook on the other side for 2 minutes. Place on a mound of the warm butter bean mixture and serve with fresh parsley and lemon wedges.

Fast Cook by Mimi Spencer is published by Short Books, and is available from the Times Bookshop for £8.99 (RRP £9.99), free p&p, on 0845 2712134; timesbooks.co.uk

1 comment	- livefyre🍐
Linda 2 pe	eople listening 💂
+ Follow	Post comment
Newest Oldest Most Recommended	
Daniel Rees "Add tomatoes, garlic and parsley and cook for 2 minutes" - pres should read spinach instead of parsley?	21 hours ago umably this
	Recommend Reply
Livefyre	
© Times Newspapers Limited 2014 Version 5.7.0.6(119184) Registered in England No. 894646 Registered office: 3 Thomas More Square, London, E98 1XY My Account RSS Classified advertising Display advertising The Times Whisky Club Encounters Da Club Privacy & Cookie Policy Syndication Site Map FAQ Terms & Conditions Contact us iPhone Android tablet Kindle Kindle Fire Place an announcement in The Times Sunday Times Driving The Tutorials Times Currency Services Times Print Gallery	Android smartphone