

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

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Daniel Rees21 hours ago

"Add tomatoes, garlic and parsley and cook for 2 minutes" - presumably this should read spinach instead of parsley?

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