



Chilean Sea Bass with Mediterranean Veggies



2 Servings



30 minutes

Ingredients :

- Chilean sea bass fillets
- Olive oil
- Salt
- Black pepper
- Garlic cloves
- Cherry tomatoes
- Zucchini
- Red onion
- Kalamata olives
- Fresh parsley
- Lemon juice



Instructions :

1. Pat the Chilean sea bass fillets dry with paper towels and season both sides with salt and black pepper .
2. Heat olive oil in a skillet over medium -high heat until it shimmers .
3. Place the sea bass in the pan and cook for 4 to 5 minutes on one side until golden and flaky ,then flip and cook for 2 more minutes . Remove the fish and set it aside to rest .
4. In the same pan , add garlic , zucchini , cherry tomatoes , and red onion . Cook until the vegetables are tender but still bright .
5. Stir in the olives , lemon juice , and a little more olive oil , then turn off the heat .
6. Place the sea bass back into the pan or onto a serving plate and spoon the Mediterranean veggies over the top .
7. Sprinkle with fresh parsley and let the dish rest for 5 minutes before serving .