Sea Bass with Shallot Butter Sauce

2 Servings   **25 minutes**

Ingredients :

- Sea bass fillets
- Salt
- Black pepper
- Olive oil
- Unsalted butter
- Shallots , finely chopped
- Garlic , minced
- Fresh lemon juice
- Fresh parsley , chopped

Instructions :

1. Remove the sea bass fillets from the fridge and let them rest at room temperature for 10 minutes . Pat them dry and season both sides with salt and black pepper .

2. Heat olive oil in a skillet over medium -high heat . Place the fish in the pan and cook until golden and cooked through , then remove and set aside to rest .

3. Lower the heat and add butter to the same pan . Once melted , add the chopped shallots and cook until soft and lightly golden .

4. Stir in the garlic and cook briefly until fragrant . Add a splash of lemon juice and gently mix .

5. Return the fish to the pan or spoon the shallot butter sauce over the fish . Sprinkle with fresh parsley and serve warm .