



Sea Bass with Warm Vinaigrette



2 Servings



25 minutes

Ingredients :

- Sea bass fillets
- Salt
- Black pepper
- Olive oil
- Shallot , finely chopped
- Red wine vinegar
- Dijon mustard
- Honey
- Fresh parsley , chopped



Instructions :

1. Remove the sea bass from the fridge and let it sit at room temperature for 10 minutes . Pat the fillets dry and season both sides with salt and black pepper .
2. Heat olive oil in a skillet over medium -high heat . Add the sea bass and cook until golden and fully cooked , then remove from the pan and let it rest .
3. Lower the heat and add a little olive oil to the same pan . Stir in the chopped shallot and cook until soft .
4. Add red wine vinegar , Dijon mustard , and honey . Stir gently and warm the mixture for about one minute .
5. Spoon the warm vinaigrette over the cooked sea bass , sprinkle with fresh parsley , and serve immediately .