

Pan Seared Chilean Sea Bass

Ingredients

1 lb Chilean Sea Bass
Lemon Juice
Salt & Black Pepper
2 cloves Garlic, chopped
Olive Oil
Butter

Directions

Heat equal 1 tbsp olive oil and 1 tbsp butter in a heavy pan till butter is melted and oil is hot. Add garlic.

Sprinkle fish on both sides with salt, pepper and lemon juice. Place fish in pan and cook for 5 minutes. Do not burn. Flip fish and cook another 5 minutes, or until fish is opaque throughout and fish flakes easily with a fork.

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