

Crusted Seabass with Mashed Cauli & Salad

⌚ 30 Mins

Kcal 384 | P 47 g | C 29 g | F 15g

Family Friendly

Quick and Easy Low Carb

Savor the delicate flavors of Crusted Seabass, Mashed Cauliflower, and a vibrant Garden Salad



Before you start

Preheat the oven to 180 Degrees Celsius. Please wash your hands and rinse all fresh fruits and vegetables prior to cooking

What you'll need

Chopping board, Knife, Strainer, Small bowl, Oil, Salt, Black pepper, and Baking tray.

Ingredients (2 persons)

-  Cauliflower 350GR
-  Asparagus 100GR
-  Fresh Parsley 8GR
-  Garlic 7GR
-  Fresh Lemon 120GR
-  Butter 10GR
-  Parmesan Cheese 40GR
-  Panko Bread Crumbs 25GR
-  Seabass Fillet 320GR
-  Capers 15GR
-  Dill Fresh 5GR
-  Mix Mesclun 40GR
-  Pea Shoot 6GR

Method



Prep the Ingredients

Begin by cutting the **cauliflower** into florets and preparing the **asparagus** by removing the hard bottom and cutting them in half. Peel and roughly chop the **garlic**, and finely chop the **parsley** for later use.



Sauté the Asparagus

Sauté **asparagus** in a pan with **oil** over medium heat for 2-4 minutes, then add **garlic** and a pinch of **salt** for seasoning.



Mash the Cauliflower

Boil **cauliflower** florets in a pot of **water** over high heat for 5-7 minutes until tender. Drain and blend until smooth. In a pan over low heat, combine the **pureed cauliflower** with **butter** and half of the **parsley**. Season with **black pepper** and **salt** to taste.



Make the Dressing

Mix halved **lemon juice**, finely chopped **dill**, and roughly chopped **capers** in a bowl with **oil**, **salt**, and **black pepper** to create the dressing.



Roast the Fish

Combine **lemon zest**, **panko breadcrumbs**, **parmesan cheese**, the remaining **parsley**, and drizzle with **oil** (2 tablespoons per person) to make the crust mixture. Cover the **fish** evenly with this mixture, pressing to ensure it adheres, and bake for 12-15 minutes at 180°C (356°F) until golden.



Serve and Enjoy!

Plate the **creamy cauliflower mash** and place the golden, crusted **sea bass** on top. Serve with the **sautéed asparagus** on the side and the **garden salad** dressed with the **dill caper dressing**.

Allergens Dairy Gluten Fish