



PISTACHIO CRUSTED SEA BASS

'Community Through Cooking'

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RECIPE:

INGREDIENTS:

Chilean Sea Bass

- 2 Chilean sea bass fillets
- 3 cloves garlic, crushed
- 2 tbsp brown mustard
- olive oil

Breading

- ½ cup pistachios, chopped
- ½ cup panko breadcrumbs
- 1 tbsp chili oil
- 1 tbsp olive oil
- ½ tsp coarse salt

Sides

- lemons
- lemon zest

Being a big fan of Ben & Jerry's Pistachio Pistachio ice cream, I recently thought: 'Why not try this little, green nut on some seafood?' Turned out to be a good idea and one I recommend you try next time you have pistachios in the pantry.

First, create the breading. Chop up the pistachios and mix them in a bowl with the breadcrumbs, chili oil, olive oil and salt.

Next, cover a baking pan in aluminum foil and brush on a layer of olive oil. Place the fish on the foil with the skin facing down. Mix the crushed garlic with the spicy brown mustard and smear the mixture onto the top of the sea bass fillets.

Sprinkle your breading over the mustard and gently press it down so it sticks. Put the fish in the fridge for 30 minutes, allowing the breading to set.

Remove the sea bass from the fridge and bake in the oven at 425 °F for 15 minutes. Serve with a side of lemons and some lemon zest. Boing!

-Al

