

Sea Bass with Butterbeans

by Cavistons

"This pan fried sea bass with spicy butter bean stew is a great nourishing dinner for all seasons. The texture of butter beans and the smokiness of the chorizo work really well with the fish."



INGREDIENTS

Serves 2

- 2 sea bass fillets
- fresh dill or rosemary, finely chopped
- 2 garlic cloves, crushed
- 1 1/2tsp smoked paprika
- 1 tbsp tomato paste
- 100g chorizo, chopped
- 1 red pepper, deseeded and chopped
- 1 can of butter beans, drained and rinsed
- 200ml chicken or vegetable stock

METHOD

- Heat a tablespoon of olive oil or butter in a pan, add the herbs, garlic, smoked paprika, chorizo and pepper and cook until chorizo has browned.
- Add the tomato paste, stock and butter beans.
- Simmer for 5 min and fry the fish in the meantime 1-2 min a side.
- Spoon the bean stew on plates and serve the bass on top of it. Enjoy!