



DLWP Head Chef Ryan has created this easy recipe for a tasty fish dish especially for the Bexhill Festival of the Sea 2018.

Sea bass fillet, warm potato salad and tomato salsa

(cooking time 20 mins)

You will need :

2 x Sea bass fillets

a couple of handfuls of new potatoes

1 lime

a handful of peas

a sprinkle of capers

2x spring onions

250g heritage tomatoes (or tomatoes of different shapes and colours)

Coriander and basil to taste

- Start by cutting the potatoes into small chunks and put into generously salted cold water to boil.
- Make three slits into the Sea bass skin and rub in sea salt and black pepper
- **MAKE THE SALSA** – roughly chop the tomatoes into different shapes and wedges – keep it rustic. Chop the herbs and stir into the tomatoes. Zest the lime and add half to the salsa and all of the juice (keep half of the zest for later)
- By this time, the potatoes should be almost ready. Throw in the peas for the last five minutes and, when cooked, strain off and leave in a colander to steam.
- **THE SEA BASS** – glug a teaspoon of olive oil into a frying pan and wait for the pan to get sizzling hot. Lay the fish skin-side down into the pan and cook for about two minutes. It will be ready to turn when the fish looks opaque two thirds through. Flip the fish over and take off the heat so it finishes cooking in the pan.
- **POTATO SALAD** – tip the potatoes into a bowl and add the remaining lime zest and the capers. Chop in the spring onions. Glug a teaspoon of olive oil in and smash it altogether, keeping some texture.
- Spoon the warm potato salad onto serving dishes, Place the fish on top and tip the salsa over the top

At DLWP we use lime wedges to garnish!